

# Exercise limits: Just 1 in 5 kids live near parks

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(AP) -- Health officials say one reason so many American kids are overweight is that few have a nearby place to play and exercise.

Only about one in five homes have parks within a half-mile, and about the same number have a [fitness](#) or recreation center within that distance.

A report from the [Centers for Disease Control and Prevention](#) report also finds that fewer than one in five U.S. high school students get at least an hour of [physical activity](#) a day.

CDC says only about half of kids surveyed say it's easy to get to playgrounds, jogging paths or other places to easily exercise. The CDC also says only 37 states require physical education for all grades.

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