



EXERCISE THEIR MINDS™.
PROTECT PHYSICAL EDUCATION.



 American Heart Association
TAKING ACTION TO PREVENT OBESITY

 Robert Wood Johnson Foundation

 Voices for Healthy Kids

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Active Kids Do Better in School

The fact is, active students focus and think better. That means higher test scores across the board. But the benefits don't end there. Physical education addresses the needs of the whole child. Effective physical education programs provide the activity kids need for a positive impact on their physical, mental, and emotional health. PE programs improve judgment, reduce stress, and increase self-esteem. Making sure all students are getting physical education is a critical part of keeping kids healthy.

Kids from all racial, ethnic, and socioeconomic groups, through all grades, and in urban and rural settings benefit from physical education.

But for too many students, PE in schools doesn't exist. PE programs should not be viewed as an option but rather as a necessity, if we want to set our kids up for a healthy future. Together, with members of our community, local policymakers, and school administrators, we can create a school environment that exercises the minds of our kids and protects physical education.

PE is so much more than physical activity. It's time to better support the whole child.

Exercise their Minds™. Protect PE.

Here's why we are so passionate about bringing effective PE programs to schools in our community, and why you should be too!

- Despite these benefits, PE programs have been decreasing around the country. In fact, only 4% of elementary, 8% of middle, and 2% of high schools provide the equivalent of daily physical education for the entire school year.
- When children get more time for physical education, they do better physically, mentally, and emotionally, which is good for schools too.
- Heart disease and type 2 diabetes have a greater impact on communities of color, and longstanding racial inequities and socio-economic challenges leave many schools without the resources to provide PE. But students at these schools shouldn't be at greater risk because of where they live.
- Research shows that kids need at least an hour of activity every day and PE programs in school can play a big part in helping them get there.
- Thankfully, the vast majority (95 percent) of parents with children under 18 think physical education should be part of school curriculum for all students in grades K-12. They also believe it's just as important as any other academic subject.

So, what can you do to help make this happen? Tell our decision makers to implement policies that support PE programs in our schools right away, and make sure your community leaders, neighbors, and friends know about this issue too. Just visit www.voicesforhealthykids.org/PE to spread the word.