

May 1, 2015

Dear Chairman Alexander and Ranking Member Murray:

We write to express our strong support for physical education as a core subject and for restoring the Carol M. White Physical Education Program (PEP) in the Every Child Achieves Act.

Schools offer a unique platform for children and adolescents to become more healthy and active. Physical education helps provide opportunities to meet the daily physical activity recommendations of 60 minutes as well as teaches our children healthy habits that will serve them for the rest of their lives. Physical activity has been shown to improve academic performance, behavior, and attendance.

Sadly, one-third of children in the United States are overweight or obese, and nearly a third of youths are inactive. New research has shown that inactivity is an epidemic. The epidemic impact of obesity/inactivity on our health system is estimated \$147-\$210 billion a year. Evidence suggests that physical education programs are effective at improving physical fitness, promoting the health of students, and decreasing obesity. Quite simply, we can't afford to not have physical education in our schools.

Physical education is now recognized as essential to a young person's overall education experience and a foundation for lifelong healthy living. Research shows a positive relationship between participation in physical education and academic achievement. It has a significant impact on students' educational outcomes and is part of a well-rounded curriculum. The inclusion of physical education as a core subject in federal legislation helps to ensure that every student achieves success.

The Carol M. White Physical Education Program (PEP) is the only source of federal funding dedicated to physical education. Reports from the Department of Education have shown PEP's success for schools across the country. PEP hits the sweet spot of providing desperately needed federal help with local flexibility to address their unique needs. The program has helped hundreds of thousands of children to become more active and lead healthier lives, yet only ten percent of applicants are able to receive support through PEP. Given the demand, it is more crucial than ever to protect this popular program.

We commend your leadership on physical education. We look forward to working with you to keep these provisions strong as the bill moves through Congress and in ensuring the success and health of our children now and in the future.

Sincerely,

A World Fit For Kids
Academy of Nutrition and Dietetics

American Council on Exercise
American Heart Association
Arizona Public Health Association
Association of State Public Health Nutritionists (ASPHN)
Bridgeport Child Advocacy Coalition
California Convergence
Campaign to End Obesity Action Fund
Center for Behavioral Epidemiology and Community Health
Center for Science in the Public Interest
Childhood Obesity Prevention Coalition
Coalition for Asian American Children and Families
Directors of Health Promotion and Education
Elyria City Health District
FLAGHOUSE
Focused Fitness
Genesee Dietetic Association
Georgia Coalition for Physical Activity and Nutrition
Girls On The Run (GOTR)
HealthMPowers, Inc.
Healthy Kids Challenge
Hunger Network of Greater Cleveland
Indiana Rural Health Association
Institute for Family Health/Bronx Health REACH
International Health, Racquet, and Sportsclub Association
MEND Foundation
National Association of Pediatric Nurse Practitioners
National Association for Health and Fitness
National Athletic Trainers Association
National Coalition for Promoting Physical Activity
National Council of Youth Sports
National Interscholastic Athletic Administrators Association (NIAA)
National Physical Activity Plan Alliance
National PTA
National Recreation and Park Association
New Jersey Chapter, American Academy of Pediatrics
NIRSA: Leaders in Collegiate Recreation
Prevent Cancer Foundation
Real Food For Kids- Montgomery
Recipe for Success Foundation
Safe Routes to School National Partnership
SHAPE America

Shape Up America

Society of Health and Physical Educators of Colorado (SHAPE Colorado)

SPARK

SPARK Programs

Sports & Fitness Industry Association

Springfield Griffith Institute

Tennessee Cancer Coalition