

Dear Governor _____,

Thank you for taking time from your busy schedule to give attention to this matter.

I am a citizen of _____ served by school district _____. Along with some of my fellow citizens, we are campaigning for more physical education time in our schools. The data on the benefits of daily physical activity for all children in all grades is clear, yet the trend seems to be to offer less physical education (P.E.), falling well short of the daily need and in fact, national guidelines. The data is irrefutable. In 2019, a study linked physical activity to higher math and spelling scores (Szabo-Reed, et al, 2019). In 2017, a meta-analysis of 26 studies including over 10,000 students came to similar conclusions (Álvarez-Bueno, et al, 2017). The “poster child” for this change has been the town of Naperville, Illinois where they have made P.E. mandatory for every child, every day. This school district, which was near the average twenty-five years ago, is now in the top 5% of schools in the state for academics and has a miniscule 5% obesity rate compared to the national rate of 20%. In fact our own State Standards (see attached) endorse this concept of daily exercise on both the physical and cognitive aspects of overall health.

(Warning to my letter writers: most state standards are on board with this concept. If your state is one of the few that does not discuss this issue in detail you might use another state example, such as Illinois.)

Unfortunately, on the local level, daily P.E. is not being offered. Myself and others have been in touch with our school board, superintendent, principals and P.E. teachers. Perhaps due to the “too many cooks” theory, changes are not being enacted. As a result, we now turn to you, Governor _____, for your influence.

The need for daily exercise in all humans, not just children, is one of the few topics where there is no controversy. There is an obesity and health crisis in our country's youth. We have the means and the knowledge to alleviate this, we simply need the will to make changes. We all must realize the life of children today, with processed food and video games, is vastly different than most of our own experiences. You have the power to create a cultural change that could benefit millions.

Thank you in advance for your attention to this matter. For more information, I would point you to Daniel Fulham O’Neill MD, EdD’s book on this subject, *Survival of the Fit*. It is a quick read, but gets to the heart of this incredibly important subject. I look forward to your response and input. Please do not hesitate to call if I can be of any further help to move this matter ahead.

Very truly yours,
cc: The Secretary of Education