**Template School Board Resolution on Physical Education**

WHEREAS, The U.S. Surgeon General, the Centers for Disease Control, the National Institute for Health, the American Academy of Pediatrics, the National Academy of Medicine and the National Association for Sport and Physical Education, all identify increasing physical activity, through quality physical education programs, as one of the most critical tools for fighting the childhood obesity epidemic;

WHEREAS, according to the CDC, the percentage of obese children in the United States has more than tripled since the 1970s,

WHEREAS, obese children are more likely to be bullied and to suffer from social isolation, depression and lower self-esteem,

WHEREAS, research from the Centers for Disease Control and Prevention (CDC) shows physical activity can help improve academic achievement, including better grades, school attendance, cognitive performance and classroom behaviors,

WHEREAS, childhood obesity often leads to adult obesity and life-altering conditions, such as heart disease, Type 2 diabetes, metabolic syndrome and cancer,

WHEREAS, decreased physical education in school leads to more sedentary lifestyles, an increased prevalence of heart disease and other weight-related health issues, and higher health care costs for America,

WHEREAS, an estimated $147 billion is spent yearly on obesity-related health care costs; Funds spent on teaching youth how to live a healthy lifestyle are worth billions to the health care industry and the American budget,

WHEREAS, the American Academy of Pediatrics believes that recess and quality daily physical education are crucial and necessary components of a child’s development and, as therefore, should not be withheld,

WHEREAS, the (IEA local), an affiliate of the Illinois Education Association, is committed to student success and believes success is only attainable when the Whole Child is considered,

RESOLVED, as they are committed to the health and well-being and the academic success of the district’s students, the members of the (school board), hereby adopt this resolution and affirm their commitment to ensuring that all students have an opportunity to receive physical education every day.