

# EXERCISE THEIR MINDS

## INCLUDE PHYSICAL EDUCATION

The benefits of physical education ring clear as a school bell. With daily PE, we can keep kids' hearts healthy and their minds in gear to do their best at school. As states develop their education plans, required under the Every Student Succeeds Act, we need to send a clear message that PE must be included, as an essential part of every child's education.



Research shows **KIDS NEED ONE HOUR** OF ACTIVITY EVERY DAY & PE programs can help get them there



**ONLY**

4% of elementary, 8% middle and 2% of high schools provide daily PE or its equivalent for the entire year



**95% OF PARENTS**

with children under 18 think PE should be part of school curriculum for **ALL STUDENTS, grades K-12**



**PHYSICAL INACTIVITY** contributes to heart disease and type 2 diabetes

**PE PROGRAMS IMPROVE JUDGMENT, REDUCE STRESS AND INCREASE SELF-ESTEEM**



**RACIAL INEQUITIES and SOCIO-ECONOMIC CHALLENGES** leave many schools without the resources for PE. **BUT KIDS SHOULDN'T BE AT GREATER RISK DUE TO WHERE THEY LIVE.**



**PE ADDRESSES THE NEEDS OF THE WHOLE CHILD,** positively impacting their physical, mental, and emotional health

This is why we must **#IncludePE**

Get involved – visit [voicesforhealthykids.org/PE](https://www.voicesforhealthykids.org/PE)