

## PHYSICAL HEALTH AND FITNESS

- WHEREAS, Students spend less than ten percent of their physical education classes in moderate to vigorous exercise; and
- WHEREAS, Studies indicate that less than one-half of the children ages 5-16 can pass four parts of a seven-part physical fitness test and, indeed seventeen percent of these children can only pass two parts of a seven-part fitness test; and
- WHEREAS, The health of tomorrow's adults depends, in part, on the eating patterns of today's children; and regular vigorous physical activity, along with an appropriate diet, is essential to physical well being; and
- WHEREAS, Symptoms such as listlessness, poor concentration, muscle weakness, and fatigue may be as related to diet as to physical overexertion; and
- WHEREAS, Studies and experts indicate that habits formed by children will tract with them into adulthood and that children tend to develop habits, especially as it relates to activity levels, based upon the example and involvement of their parents, and,
- WHEREAS, A child who is physically fit and maintains a nutritional diet is more likely to have a higher energy level and better concentration and is more likely to perform better interest for memory, alertness, reading and math-solving, therefore, be it
- RESOLVED, That the local units of Missouri PTA support and assist their local school districts in the development and implementation of fitness programs for elementary students including physical training, health and nutrition education and lifestyle changes to improve the health and educational performance of these students; and be it further
- RESOLVED, That said programs be integrated into the mainstream curriculum and that Missouri school districts, through the support and assistance of their local PTA, be, and are hereby, encouraged to provide before and after school programs for students and their families to aid them in the development and maintenance of their physical and emotional health.