

*Physical Education Resolution Letter of Support Template:*

July 16, 2011

[School Board Chairperson]  
[County] School Board  
Address  
City, WV Zip

Dear [Mr./Mrs. Last Name of Chairperson],

I am/we are writing this letter in support of the resolution for daily physical education under consideration before the [name of county] School Board. I respectfully request that the School Board vote favorably on the resolution.

National health experts recommend that schools provide daily quality physical education (PE) for all students to promote physical activity, health-related physical fitness, and healthy lifestyle behaviors. This resolution represents an important step toward increased education of lifetime activity skills, increased opportunities for accumulation of the nationally-recommended 60 minutes of daily physical activity, and better-prepared youth to become healthy and contributing members of the West Virginia community and its economy.

The Surgeon General's Report on Physical Activity and Health states that people who are usually inactive can improve their health and well-being by becoming even moderately active on a regular basis, and that physical activity need not be strenuous to achieve health benefits. **This is particularly important in the MOV, where Youth Risk Factor Survey data indicates that 66.1% of our high school students are not meeting physical activity recommendations (60 minutes or more, seven days a week). Furthermore, 29% of MOV high school students are overweight or obese and at increased risk of health challenges such as high cholesterol, high blood pressure, and Type II diabetes, once considered adult conditions.** A physically active lifestyle is well documented as a means of controlling weight

[Author/supporter is encouraged to include 2-3 sentences on their personal or organizational interest in this issue or their expectations of how the resolution would benefit their organization or community at large].

I/we urge the School Board to approve this resolution. I/we strongly believe that this institutional effort will benefit our students and our community at large. Thank you for your consideration of this issue.

Sincerely,

(Original signature of supporter here)

John Doe  
Organization

