



Resolution in Honor of Physical Fitness and Sport Month in New Jersey

Whereas, childhood obesity has reached epidemic proportions in the United States; and

Whereas, today's childhood obesity rates are putting our children on course to be the first generation in this country to live shorter and less healthy lives than their parents; and

Whereas, children spend many of their waking hours on their devices or at school when they are able, and therefore need to be active during the school day to meet the recommendations of the Physical Activity Guidelines for Americans; and

Whereas, the U.S. Department of Health and Human Services recommends that young people aged 6-17 years participate in at least 60 minutes of physical activity daily; and

Whereas, N.J.S.A. 18A:35-7 and 8 requires all students in grades 1-12 to participate in at least two and one-half hours per week in health, safety and physical education; and

Whereas, research shows that physically active children are more likely to thrive academically and have improved behavior in school; and

Whereas, research shows that regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces depression, anxiety and stress, increases self-esteem, increases academic performance, improves behavior, leads to better school attendance and may improve blood pressure and cholesterol levels; and

Whereas, schools can promote physical activity through comprehensive school physical activity programs, including recess, classroom-based physical activity, intramural physical activity clubs, interscholastic sports, and physical education; and

Whereas, participation in sports teams and physical activity clubs can improve grade point average, school attachment, educational aspirations, and the likelihood of graduation; and

Whereas, higher physical fitness levels are associated with better school attendance rates and fewer disciplinary incidents involving drugs, alcohol, violence or truancy; and

Whereas, the New Jersey State Board of Education strongly supports efforts to increase physical education, physical activity and participation in youth sports, recognizes the month of May as National Physical Education and Sport Month; now therefore be it

Resolved, that the New Jersey State Board of Education designates the week of May 1-7, 2022 as National Physical Education and Sport Week and recognizes National Physical Education Fitness and Sport Month and the central role of physical education and sports in creating a healthy lifestyle for all children in the State of New Jersey.