

April 14, 2011

Dear Representative:

We urge you to make the health of our nation's children a priority in the 112th Congress by cosponsoring the Fitness Integrated with Teaching (FIT) Kids Act of 2011 (S.576/H.R.1057). This legislation is sponsored by Representatives Ron Kind and Jim Gerlach in the House, and by Senator Tom Harkin in the Senate. It increases children's physical activity throughout the school day and ensures that they learn how to live healthy lives through exercise and diet.

Childhood obesity in the U.S. has reached truly epidemic proportions, and schools need to be part of the solution. The Physical Activity Guidelines for Americans recommend that children engage in sixty minutes or more of physical activity each day and, given the many hours kids spend at school, kids need to be active during the school day. School is also where kids learn how to be active and to eat a healthy diet through physical education, health education and other programs.

There are additional reasons why schools should focus on ensuring that kids are physically active. Evidence suggests that fit, active children learn more effectively and achieve more academically. Studies have also shown that physical activity has a positive impact on cognitive ability and preventing tobacco use, insomnia, depression and anxiety.

The FIT Kids Act amends the Elementary and Secondary Education Act to ensure that children's health is not forgotten as schools strive for academic success. It integrates physical activity within existing school and afterschool programs. It empowers parents to support at home the education that their children receive in the area of exercise and nutrition. It educates principals and teachers on how to incorporate activity and to teach wellness in the classroom. And it assists schools by authorizing a study to generate innovative ways to increase physical activity during the school day.

The FIT Kids Act can make a real difference in the fight against childhood obesity without burdening schools, districts and states. Through its multi-faceted approach, this is an unprecedented opportunity to start to bring this epidemic under control. We hope that you will support this legislation.

Sincerely,

National Organizations:

A World Fit For Kids!

Active Network

Afterschool Alliance

Alliance of the American Dental Association

America Walks

American Alliance for Health, Physical Education, Recreation and Dance
American Association for Health Education
American Association on Health and Disability
American Beverage Association
American Cancer Society Cancer Action Network (ACS CAN)
American Clinical Board of Nutrition
American College of Sports Medicine
American Council on Exercise (ACE)
American Dental Association
American Diabetes Association
American Dietetic Association
American Heart Association
American Hiking Society
American Medical Athletic Association
American Public Health Association
American Society of Bariatric Physicians
Association of State & Territorial Public Health Nutrition Directors
Campaign to End Obesity Action Fund
Center for Science in the Public Interest
Childhood Obesity Prevention Coalition
Community Action Partnership
Community Adolescent Nutrition and Fitness (CANFIT)
Defeat Diabetes Foundation
Directors of Health Promotion and Education
Earth Day Network
EverActive Brands
Fitness Forward
Fitsmi.com
Grocery Manufacturers Association
Humana
Institute for America's Health
International Health, Racquet and Sportsclub Association (IHRSA)
League of American Bicyclists
League of United Latin American Citizens
Life180 Inc
Marathon Kids
Maternity Care Coalition
National Association for Sport and Physical Education
National Association of Chronic Disease Directors
National Association of County and City Health Officials
National Athletic Trainers' Association
National Coalition for Promoting Physical Activity
National Dance Association
National Education Taskforce
National Football League
National Network of Public Health Institutes (NNPHI)
National Women, Infants and Children (WIC) Association
Nike, Inc.
Obesity Action Coalition

Oral Health America
Partnership for Prevention
Physical Education for All Kids (PEAK) Coalition
Preventive Cardiovascular Nurses Association
Public Health Institute
Reinsurance Group of America, Inc. (RGA)
Safe Routes to School National Partnership
Save the Children USA
School Nutrition Association
Society of State Leaders of Health and Physical Education
Sporting Goods Manufacturers Association
Sports, Play and Active Recreation for Kids (SPARK)
The Cooper Institute
Trust for America's Health
U.S. Preventive Medicine, Inc.
United Fresh Produce Association
United States Tennis Association
United States Water Fitness Association
Up2Us
YMCA of the USA

Local/Regional Organizations:

Academy for Positive Learning
Alabama State Association of Health, Physical Education, Recreation and Dance
Arizona Association for Health, Physical Education, Recreation and Dance
Colorado Association for Health, Physical Education, Recreation and Dance
Connecticut Association for Health, Physical Education, Recreation and Dance
Eat Smart Move More South Carolina
El Camino Children & Family Services
Healthy Living Rochester (formerly CardioVision 2020)
Illinois Association for Health, Physical Education, Recreation and Dance
Kansas Association of Health, Physical Education, Recreation and Dance
Latino Coalition for a Healthy California
Maryland Association for Health, Physical Education, Recreation and Dance
Massachusetts Association for Health, Physical Education, Recreation and Dance
Michigan Association for Health, Physical Education, Recreation and Dance
Minnesota Association for Health, Physical Education, Recreation and Dance
Missouri Association for Health, Physical Education, Recreation and Dance
Montana Association for Health, Physical Education, Recreation and Dance
New Hampshire Association for Health, Physical Education, Recreation and Dance
New Jersey Association for Health, Physical Education, Recreation and Dance
New Mexico Association for Health, Physical Education, Recreation and Dance
New York Coalition for Healthy School Food
North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance
North Dakota Association for Health, Physical Education, Recreation and Dance
Northwest District of the American Alliance for Health, Physical Education, Recreation and Dance
Ohio Public Health Association
Oregon Public Health Institute (OPHI)
Partners for a Healthy Nevada

Public Health - Seattle & King County

Rhode Island Association for Health, Physical Education, Recreation, and Dance

South Carolina Alliance for Health, Physical Education, Recreation, and Dance

Southern District Association of the American Alliance for Health, Physical Education, Recreation and Dance

Southern Nevada Health District

Texas Association for Health, Physical Education, Recreation, and Dance

TRI-PAC Health and Wellness Advocacy

WalkSanDiego

Washington Alliance for Health, Physical Education, Recreation, and Dance

Wyoming Association for Health, Physical Education, Recreation, and Dance