



## Resolution to Recognize May 2021 as 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 at home during COVID 19 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 anxiety and stress, increases self-esteem, 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 achievement is 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, 2021 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.