

3 Critical Standards To Demand From Your School

Does Yours Measure Up?

1. Exercise. Do your children receive daily PE in grades K-12? As a critical part of growth and development, they should! Did you know that only 29% of high school students had daily PE in 1999, down from 42% in 1991? Or that only 61% of all students K-12 had gym class once per week?

If your child does not have daily PE, your school doesn't measure up. If your school has dropped PE because of budget cuts or other reasons, it doesn't measure up to state and national standards and certainly not to your expectations, and the needs of your children.

2. Sports. Do all children have equal access to school sponsored sports? Did you know that 75% of all children who participate in organized youth sports are no longer playing by age 15? Did you know that interscholastic sports only serve about 20% of the entire student body? Do you know how much your school spends on sports programs for this minority of students? You should.

If your school doesn't provide opportunities for all children to play sports through student-organized intramurals, it doesn't measure up.

3. Health. Most school lunch programs are not healthy and have been a significant cause of a national obesity crises. Did you know that 5.3 million children in the U.S. are obese? Did you know that school lunch foods are high in calories, fats, sugar, and carbohydrates? Does your school sell soft drinks to raise money? Does your school teach your children about healthy food choices and reinforce healthy lifestyle habits?

If your school isn't doing something about exercise and diet, it doesn't measure up.

**The Center For Kids FIRST
in Sports, Health, &
Education**

**www.centerforkidsfirst.org
or Call 602-725-2134**

**Find Out How We Can
Help Your School
Stack Up...Go online
and request our FREE
Report: Inactivity &
Obesity: A Ticking
Timebomb**

Get Your Free Report: "Inactivity & Obesity: A Ticking Timebomb"

Name _____ Email _____

Address _____ City, State, Zip _____

Phone _____ FAX _____