

3043

Sponsor(s): Representatives Tom, Quall, Bailey, Lantz, McDermott, Anderson, Chase, Morrell and Kenney

Brief Description: Promoting physical fitness in middle school.

HB 3043 - DIGEST

(SUBSTITUTED FOR - SEE 1ST SUB)

Acknowledges that many young people are not physically active on a regular basis and that physical activity declines dramatically during adolescence.

Finds that overweight adolescents have a seventy percent chance of becoming overweight or obese adults creating additional risks of high blood pressure, heart disease, and stroke.

Recognizes that exercise is an essential component of good health and that teaching children the importance of physical fitness and proper nutrition is vital to improving the health of today's youth.

Recognizes that in addition to health benefits, students can experience greater self-esteem, confidence, and discipline, often leading to greater academic achievement as well.

Declares an intent to establish within the common school curriculum a requirement for physical education and fitness instruction and policies most likely to be effective in helping today's youth adopt and maintain a physically active lifestyle.