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## **“The number of overweight kids in the U.S. has tripled in the last two decades.”**

### ***The Problem***

The news is full of reports that America's children are becoming more obese each year. It's obvious that children eat more high fat foods and exercise less than previous generations. However, funding for public schools is down and the pressure for children to achieve academically has increased so even PE programs do not meet the National Association for Sports and Physical Education recommendation of a 30 minute class each day.

### ***The Result***

All of this makes it hard to stay at a healthy weight and prevent diseases like type 2 diabetes and other medical ramifications in adulthood. As the PE teacher I needed to do something so I am initiating a voluntary aerobics incentive program to help you encourage your children to develop healthy exercise habits. It is recommended that one exercise three times a week for at least 20 minutes each time.

### ***The Solution***

The program I have developed is described here and on the recording form that students may pick up from me in the gym. On the form, they record up to two weeks of aerobic activities, but the form must be signed by a parent to ensure accuracy. Then the students will return the form to me in the gym. For each week they exercise aerobically three or more times, they will get a PE point. If you wish to join in, any time a parent exercises aerobically three times or more per week with their student, the student will receive an additional PE point since parents that model a positive behavior for their children have a significant impact. I have included a partial list of aerobic activities on the form as suggestions but feel free to write your own on the form as well.

### ***My Thanks***

My hope is that together we can encourage habits that will make a positive, lifelong impact on the health of the students at Lenski!

Sincerely,

Mary Wilson  
Lenski PE Teacher