

4 Fieldcrest Dr.
Daly City, CA 94015
September 22, 2011

Mike Thompson
231 Cannon Office Building
Washington, DC 20515

Dear US Congressman Mike Thompson,

As your constituent and a student studying the field of Family and Consumer Studies and Dietetics, I strongly encourage you to co-sponsor the Fitness integrated with Teaching (FIT) Kids Act.

It is no surprise that our nation is facing rising health problems. Childhood obesity has become an epidemic, with 1 out of every 6 children and adolescents, ages 6 to 19, now obese. In the last 30 years, the prevalence of childhood and adolescent obesity has more than doubled, from 6 percent to an overwhelming 17 percent. Unfortunately, despite these daunting trends, less than 8 percent of high schools, middle schools and elementary schools provide daily physical education or its equivalent for the entire school year. Even scarier, 22 percent of schools do not require students to take physical education at all! However, I do not need to continue to list this letter with numbers in order to show you the gravity of our situation, it is quite apparent to the public eye. Obesity is taking over this nation. Starting at a young age kids are missing out on essential physical activity in and outside of school and are not learning the skills needed to form healthy life-long habits.

I understand that change requires money and money is tight right now in the slender pockets of America, but the health of our future is not something to put on the back burner. According to the FIT Kids Act, obesity-related diseases cost the United States over \$117,000,000,000 every year. With more than 9,000,000 children and adolescents

between the ages of 6 and 19 years considered overweight, we would be setting ourselves up for financial failure not to do anything immediately! We must act now to save not only our future's health but also their wallets. Little steps can lead us in the direction of big success and the FIT Kids Act is just one of those possible steps.

The FIT Kids Act will refresh our nation's emphasis on healthy living through learning from physical education in schools by:

- involving and training parents in encouraging and supporting a healthy and active lifestyle, including increased physical activity during and outside the school day, and nutritional eating habits in the home and at school
- coordinating activities with parents and teachers to ensure that children are provided with nutritious meals and snacks, and have ample opportunities for physical education and physical activity during and outside the school day
- funding to provide professional development that is directly related to the fields of physical education and health education to physical education teachers and health education teachers to ensure that children are leading healthy, active lifestyles that are conducive to effective learning

Thank you for your time, I hope that all of this has shown you the public's priorities and motivated you to help shine some light on the well-being of our kids by co-sponsoring the FIT Kids Act.

Sincerely,

Anamarie Orgera