IN RECOGNITION OF MAY 2019 AS
NATIONAL PHYSICAL FITNESS AND SPORTS MONTH
IN ALABAMA SCHOOLS

WHEREAS, the Alabama State Board of Education and the Alabama State Department of Education recognize the health of Alabama students as a vital and essential segment of children's well-being and effective education; and

WHEREAS, the President's Council on Fitness, Sports, and Nutrition has designated May 1-31, 2019, as "National Physical Fitness and Sports Month" along with many partner organizations promoting a healthy lifestyle path; and

WHEREAS, the "National Physical Fitness and Sports Month" is an annual observance created to promote regular physical activity that helps children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as heart disease, cancer, Type 2 diabetes, high blood pressure, osteoporosis, and obesity; and

WHEREAS, the Centers for Disease Control research shows that 60 minutes of daily physical activity including physical education, recess, and brain boosters has beneficial influences on academic performance by increasing blood to the brain; and

WHEREAS, that support should be given to schools as they attempt to strengthen daily physical activity in their schools and communities; and

WHEREAS, the Alabama State Board of Education does hereby express its support of daily physical activity in schools to improve the health of children in Alabama public schools:

NOW, THEREFORE, BE IT FURTHER RESOLVED, That the Alabama State Board of Education does hereby designate May 1-31, 2019, as "National Physical Fitness and Sports Month" in the public schools of Alabama.

Done this 9th day of May 2019