MOAHPERD supports, encourages, and promotes health, leisure, and movement. By doing these things, one can have a high quality of life.

MOAHPERD focuses on health and physical education for children from pre-school to 12th grade.

MOAHPERD wants children to practice a healthy active lifestyle for years to come.

For more information contact

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Or visit our website

www.moahperd.org

Parents, Are You Ready to Speak Up?

Advocate for your child’s health and physical education

MOAHPERD
Missouri Association for Health, Physical Education, Recreation, and Dance
What’s the problem?

- 31.7% of all children ages 2-19 are overweight
- Only 33.1% of Missouri children go to daily P.E. class
- Only 7.5% of K-5 schools meet the required hours for health education

Why do parents need to speak up?

- Health and physical education improves quality of life
- Increases school attendance
- Improves grades
- Creates future healthy lifestyles

How do parents speak up?

Parents can use Missouri Association for Health, Physical Education, Recreation and Dance (MOAHPERD) as a tool. They have resources to help you speak up for health and physical education. Actions to take through MOAHPERD are:

- Attend a MOAHPERD meeting
- Contact MOAHPERD representative in your area
- Present Advocacy PowerPoint to school board
- Join the Missouri Coordinated School Health Coalition
- Be a part of the Quality Health & Physical Education Project
- Fundraise for the program Physical Best
- Write a MOAHPERD grant