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The Honorable Jimmy John  
201 Main St.   
Jefferson City, MO 63501  
Re: Adequate Physical Education in Schools Bill #35   
  
Dear, Representative Jimmy John:   
  
I am writing as a constituent to encourage you to support funding for Adequate Physical Education in Schools Bill #35 in General Assembly Bill No. 35. This important appropriation to the Missouri Department of Health and Human Services would keep schools accountable in regards to providing the adequate amount of physical education to K-12 students.  
  
I am a physical education teacher and I want to share with you my concerns about the lack of adequate physical education in schools and how it is affecting the youth of Missouri. Only 8% of Missouri kids attend daily P.E. class. Physical education improves attendance, grades, graduation rates and standardized test scores. If the lack of sufficient physical education is not fixed, children will experience negative short and long-term health effects. Physical inactivity and obesity are associated with lower student achievement, which sets children up for poor achievement throughout their lives. Obesity is a catalyst to a series of health related issues such as type 2 diabetes, high blood pressure, heart disease, stroke and sleep apnea. Obesity can also affect and individuals quality of life, limiting people from things they normally enjoy, which may result in in depression, social isolation, shame and guilt and lowered work achievement. Childhood obesity burdens the economy because it accounts for 3 billion dollars in annual health care costs.

I ask you to support this important piece of legislation, which will make such a difference in the lives of constituents you serve. I also would appreciate it if you would let me know of the action that you take on this matter.   
  
Sincerely,

Kaitlyn McManus