



CONSORTIUM FOR CITIZENS
WITH DISABILITIES

LEGISLATION IS NEEDED TO AMELIORATE SEDENTARY LIFE THAT CAN LEAD TO CHRONIC HEALTH CONDITIONS AND DISABILITY

There should be federal legislation designed to prevent diminished health through programs of physical activity for children and youth to prevent disability.

A congressional briefing was held by sponsors and leaders of organizations associated with physical activity to introduce the of the “Fit Kids Act” designed to support quality physical education for all public school children. The legislation can improve nutrition and appropriate physical activity associated with prevention of chronic health disorders. Speakers, at the forum were Chairman of the Senate Health Education, Labor and Pensions Committee, Co Chairs of the House of Representatives Fitness Caucus, an advocate for physical education, a renowned cardiovascular researcher.

Summary

Physically active leisure lifestyles are beginning to play a major role as part of the generic public health. There are initiatives to change the health care system from a “sick care to a “wellness society. The role of “physically active leisure lifestyles” is resonating economically because over 70% of \$2.6 trillion health care system is provided for chronic health conditions (heart, diabetes, low back, arthritis, etc.). Legislative efforts have attempted to address the physical activity issue through the Child Nutrition Acts’ “school wellness policies” that is promoted in every school district in America.

Disability Prevention Issue

Non-medically reimbursed physical activity associated with effective generic public health agendas are important for Americans. “Physically active leisure lifestyles”, a non-medical community based expenditure can be achieved through school-based physical education programs. Evidence based physical education programs linked to the school wellness policies of the “Child Nutrition Act” may prevent diminished health of people in American that can lead to disability.

Activity

This letter was written to a leader of a physical education organization that expressed the value of “physically active leisure lifestyles” to prevent diminished health and disability.

Principle

There should be federal legislation designed to prevent diminished health through programs of physical activity for children and youth to prevent disability.

