March 1, 2016

Dear Members of the Education Committee:

My name is Lisa Galske president of the Connecticut Association for Health Recreation and Dance (CTAHPERD) of Connecticut, and current elementary physical educator, I urge you to support the P.A.S.S. Red Ribbon School Program, ***House Bill No. 5467, (Raised) An Act Establishing a Red Ribbon P.A.S.S. Program.***

The lack of physical activity in our nation and especially in younger children in Connecticut has had a negative effect on overall health. Physical inactivity is one of the contributing factors of obesity and chronic diseases across the country and continues to grow at an alarming rate. However, current research has shown that with increased physical activity, there are less incidences of obesity and other chronic diseases.

Research has also shown that physical activity can be correlated to improved academic achievement. John Medina, the author of *The New York Times* bestseller, *Brain Rules: 12 Principles for Surviving and Thriving at Work, Home and School* states, "in brain rule #1, exercise boosts brain power." Currently, through my teaching experiences I can testify that the students who are more active, test better and are more attentive during the school day. Analyzing years of my own fitness data has proven that infusing physical activity throughout the day along with regular physical education classes has had an increased positive growth on my students' fitness assessments. Therefore, it is imperative that we continue and take immediate action and advocate for healthier lifestyles, by adopting bills that will enhance health, bodies, minds and move forward along with research to promote a healthier state.

This bill will ensure that we are taking a firm commitment by building a healthy foundation in our education system and setting a higher health standard for our younger generations. By adopting programs, like P.A.S.S. Red ribbon schools, early in life will pave the way for a stronger heathier Connecticut now and into the future.

Your support of this legislation will set the standard for promoting healthier school systems, while fostering a healthier Connecticut.

Thank you for your time and service as a member of the education committee for Connecticut.

Sincerely,

Lisa Galske
CTAHPERD President
2011 CT Teacher of the Year State semi-finalist