

Dear (select one: editor, administrator, principal, senator, congress person, president)

Skinny kids need exercise, too!

I’m a (select one: parent, aunt, uncle, grandparent, concerned citizen, etc.) and proponent for 1 Hour a Day. I urge you to utilize your influence and resources to assist us in adding one hour a day of fun and functional exercise for every child in every school in the United States. The health of America’s children is poor—so poor that this generation is expected to be the first in our country’s history to experience a shorter life expectancy than their parents. This is unacceptable and will cost our society dearly if left as it is.

While there is currently considerable attention being paid to the obesity crisis in the United States, the fact is that every child needs an hour of exercise every day, whether they are overweight or not. Research and day-to-day experience show us that an hour of exercise a day have countless benefits for our nation’s youth, including improving a child’s academic achievement by up to an impressive 40%. While the U.S. spends billions attempting to improve test scores, an opportunity to improve them for free lies overseen: fitness. The U.S. is also spending hundreds of millions to prevent bullying, but kids who exercise an hour a day have higher self-esteem and are not as susceptible to being bullied or being bullies themselves.

As mentioned, thousands of non-profits and government organizations are attempting to combat childhood obesity—we can address this too at little to no cost with 1 Hour a Day. But, that’s not all: Children who enjoy an hour of exercise a day experience fewer behavioral issues at school and at home, fewer medical issues, lower obesity rates, less stress, lower suicide rates and reduced symptoms of ADHD. They also sleep better, make healthier dietary choices, enjoy sports and play with fewer injuries and will become healthier citizens and more productive members of society in the future than they would without regular fitness throughout their youth. All children can enjoy all of these benefits, and all it takes is one hour a day of exercise in school.

Schools are the perfect place to implement and nurture this lifestyle change; most of the children in the U.S. attend school almost every weekday, teachers and facilities exist to accommodate 1 Hour a Day and physical education instructors have access to the resources needed to assist school staff with program development and execution.

Parents, teachers and concerned citizens need to be educated on the physiological and psychological benefits of daily fitness for our children and work with their schools to provide our children—the next great generation of Americans—one hour a day. That’s all it takes to make a difference.

For information and links to research, please visit: [www.1houraday.org](http://www.1houraday.org)

Sincerely,

(Your name here)