

Wellness Policy on Physical Activity

Attention Physical Education/Physical Activity/Sport Colleagues:

The National Association for Sport and Physical Education (NASPE), an active member of the National Alliance for Nutrition and Activity (NANA), would like you to know that NANA has developed a set of Model Local School Wellness Policies on Physical Activity and Nutrition to assist local school districts as they write and implement wellness policies, in accordance with the Child Nutrition and WIC Reauthorization Act of 2004. In what truly has been a collaborative effort, 50 health, nutrition, physical activity, and education organizations, including NASPE, assisted with or supported the development of these model school wellness policies.

The model policies are available at www.schoolwellnesspolicies.org.

You will recognize NASPE's standards, guidelines, and positions on physical activity, physical education, recess, intramural programs, and interscholastic athletics.

We encourage you to share these model school wellness policies with appropriate committees within your school districts and use them as tools to help schools take strong steps to promote physical activity and nutrition and address obesity. Work with schools in your own community to help develop and implement school nutrition and physical activity policies. Be sure there is a physical education/physical activity/sport representative on your school district's committee to develop/adopt wellness policies, such as the school district physical education coordinator.

NASPE, who was integrally involved in helping to develop these model physical activity policies, is pleased to share them with you on behalf of NANA. Now we encourage you to disseminate them to the widest possible audiences. Thank you. Let us know how we can support your school district's efforts to develop wellness policies.

Sent to you from the NASPE Broadcast Center