

Children's Health

Bill To Boost Physical Education Programs

(NAPSA)—It's only fitting, say many, that better funding for physical fitness should be on the Congressional agenda.

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, may improve blood pressure and cholesterol levels and has been proven to boost a child's brain function.

The approved Physical Education Progress (PEP) bill, proposed by Senator Ted Stevens (R-Alaska), authorizes \$400 million over a five-year period for grants to local school districts for physical education programs. These grants are used to provide physical education equipment and support to students, to enhance physical education curricula and to train and educate physical education teachers.

One such program that will be further expanded with the additional funding is the Skate in School® (SIS) program. SIS is at the forefront of the "New PE" initiatives, which boost youth fitness and self-esteem, and emphasize the development of lifelong physical skills and activities.

In 1996, Rollerblade created the Skate in School program in conjunction with the National Association for Sport and Physical Fitness (NASPE). The program was intended to bring affordable physical education enrichment to schools by offering the fun and excitement of an inline skating curriculum. The SIS program is used in over 600



Rollerblade's Skate in School® program reaches tens of thousands of America's youth annually.

schools in the U.S. and reaches tens of thousands of children annually.

In addition, SIS meets Healthy People 2010 objectives and National Standards for Physical Education for Elementary School, Middle School, High School, After-School Programs, and Parks & Recreation Programs.

Innovative PE programs—such as Skate in School—are so much fun that students don't even realize they are increasing cardiovascular endurance, toning muscles and developing healthy habits for a lifetime.

For more information, visit www.rollerblade.com/sis or call 800-232-ROLL. For more information about the PEP bill legislation, visit www.naspe.com.