

# Current Political Issues and How Physical Education Can Help

Quality physical education promotes physical literacy by giving children the skills, knowledge, and dispositions to be active throughout their lifetime

## Academics

Physical literacy and activity can promote brain development.

“SPARK is a groundbreaking exploration of the connection between exercise and the brain’s performance that shows how even moderate exercise will supercharge mental circuits to beat stress, sharpen thinking, enhance memory, and much more.” (Ratey, J.)

## Economy

Physical literacy and activity can improve worker productivity.

“In addition, obesity is associated with job absenteeism, costing approximately \$4.3 billion annually and with lower productivity while at work, costing employers \$506 per obese worker per year.” (StateofObesity.org)

## Health Care

Physical literacy and activity can lower health care costs.

“Obesity is one of the biggest drivers of preventable chronic diseases and healthcare costs in the United States. Currently, estimates for these costs range from \$147 billion to nearly \$210 billion per year.” (StateofObesity.org)

## Mental Health

Physical literacy and activity can improve mental health.

“A review of studies stretching back to 1981 concluded that regular exercise can improve mood in people with mild to moderate depression. It also may play a supporting role in treating severe depression.” (Harvard Health Publications)

## National Security

Physical literacy and activity can improve fitness levels of potential recruits.

“The nation's obesity epidemic is causing significant recruiting problems for the military, with one in three young adults nationwide too fat to enlist, according to report issued Wednesday by a group of retired military leaders.” (MilitaryTimes.com)