

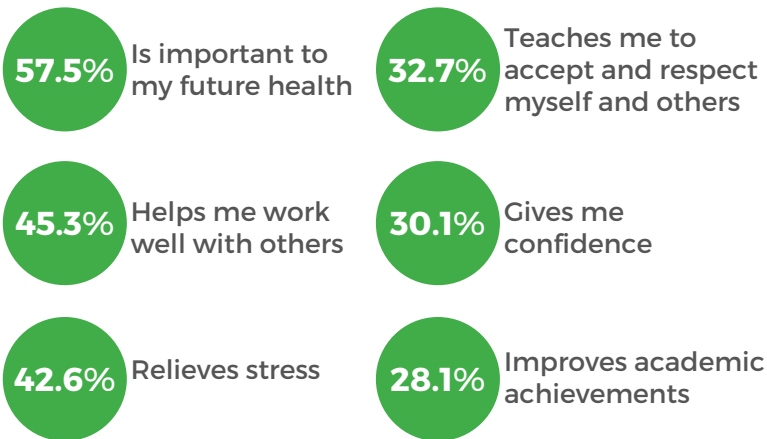
Students Find Value in Health and Physical Education



SHAPE America is committed to empowering *all* children to lead healthy and active lives through effective health & physical education programs — and research indicates that high school students definitely find value in health & PE.

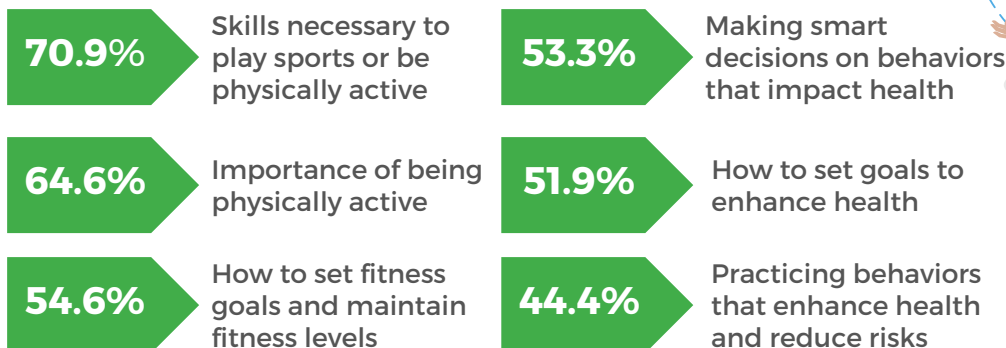
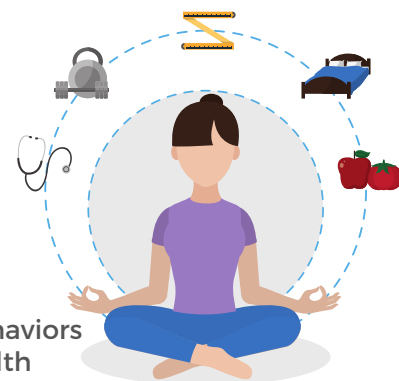
Benefits of Health and Physical Education

Students reported many benefits of health & PE class.



Lifelong Skills Gained Through Health and Physical Education

Students reported developing many skills in health & PE class that are useful in their lives.



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The above highlights are from the 2021-2022 myOptions/SHAPEAmerica research study. The national sample includes 32,159 high school students.