



George M. Roberts, MEd, LAT, ATC
Pennsylvania Athletic Trainers' Society, Inc.
President

814-434-5418
president@gopats.org

January 14, 2019

Honorable Angel Cruz
528E Main Capitol Building
PO Box 202180
Harrisburg, PA 17120-2180

Dear Representative Cruz:

On behalf of the Pennsylvania Athletic Trainers' Society, representing the licensed athletic trainers of the Commonwealth, we are writing to inform you of our support of HB 449 that would provide for physical education participation in our schools.

PATS strongly believes in the benefits of physical education with our youth and in our society as a whole. According to the 2018 Physical Activity Guidelines for Americans, 2nd edition (www.health.gov): "Childhood and adolescence are critical periods for developing movement skills, learning healthy habits, and establishing a firm foundation for lifelong health and well-being...Evidence indicates that both acute bouts and regular moderate-to vigorous physical activity improve the cognitive functions of memory, executive function, processing speed, attention, and academic performance...". A key point of the guideline is that children and adolescents over the age of six should engage in 60 minutes or more of physical activity daily. Your legislation will help to encourage our youth to begin and maintain physical activity. This promotion can be the beginning of lifelong habits that will ultimately benefit the youth of the Commonwealth and potentially reduce health concerns with this population as they age.

PATS strongly supports your efforts to improve the health and well-being of the children and adolescents in the Commonwealth.

PATS is willing to be of any assistance that you would need. More information on PATS or Licensed Athletic Trainers can be found at www.gopats.org. Please contact me at president@gopats.org with any questions.

Sincerely,

George M. Roberts, MEd, LAT, ATC
PATS President

The Keystone to a Healthy and Physically Active Life

gopats.org | twitter.com/gopatsAT | facebook.com/gopatsAT



George M. Roberts, MEd, LAT, ATC
Pennsylvania Athletic Trainers' Society, Inc.
President

814-434-5418
president@gopats.org

The Keystone to a Healthy and Physically Active Life

gopats.org | twitter.com/gopatsAT | facebook.com/gopatsAT