



# Healthy Kids Healthy Michigan

*Advocates for Healthy Weight in Children*

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May 21, 2019

The Honorable Brandt Iden, Chair  
Michigan House Standing Committee on Ways and Means  
P.O. Box 30014  
Lansing, MI 48909-7514

Dear Chairman Iden:

I am writing today to ask for you and your committee's indulgence and to ask that House Bill 4282 not be passed out of your committee. The education that our children receive in health and physical education classes is critical to leading healthy lives and creating healthier generations. While OSHA and work safety is extremely important for those students going into the trades, knowing how to treat and care for one's body is *essential* to worksite safety training.

Health and physical education, while only one semester each, is crucial for our high school students. During that time, they are learning how their bodies are made up, how proper nutrition and physical activity can be a benefit, how to perform CPR and other live-saving activities, and many other lifelong lessons. Understanding the basics of health and physical education can set the foundation for all as our students grow older and move forward in their lives as contributing taxpayers and citizens of our state.

We understand the need to continue trades education for our young people – the trades are a vital part of Michigan and we need to continue to find ways to encourage them to move into the trades. The 1 credit or one semester each of health education and physical education, however, will ensure that the generations to come will continue to be productive, healthy, informed members of our society.

Thank you for your consideration of this matter. We are willing to work with anyone that will ensure that health and physical education continues to be a part of our children's curriculum in our schools. We know that only through healthy and informed students and families will our state be able to continue to truly succeed.

Sincerely,

Andrew R. Schepers  
Chair, Healthy Kids Healthy Michigan