



John L. Moyer Jr., LAT, ATC
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President

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Honorable Tim Briggs
105B East Wing
PO Box 202149
Harrisburg, PA 17120-2180

Representative Briggs:

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 the re-introduction of the Healthy Kids, Healthy Future Act.

PATS strongly believes in the benefits of physical education with our youth and in our society as a whole. According to the 2008 Physical Activity Guidelines for Americans (www.health.gov), "physical activity should be an essential component of any comprehensive disease prevention and health promotion strategy for Americans." A key point of the guideline is that children and adolescents over the age of 6 should engage in 60 minutes or more of physical activity daily. Your bill will help to encourage potential sedentary youth to begin and maintain physical activity and get closer to 60 minutes of 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.

Information on PATS or Athletic Trainers can be found at www.gopats.org. PATS continues to be available as a resource to you and hopes to continue an already positive relationship. Any questions you may have about the profession can be sent to president@gopats.org.

Sincerely,

John Moyer, LAT, ATC
PATS President

The Keystone to a Healthy and Physically Active Life

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