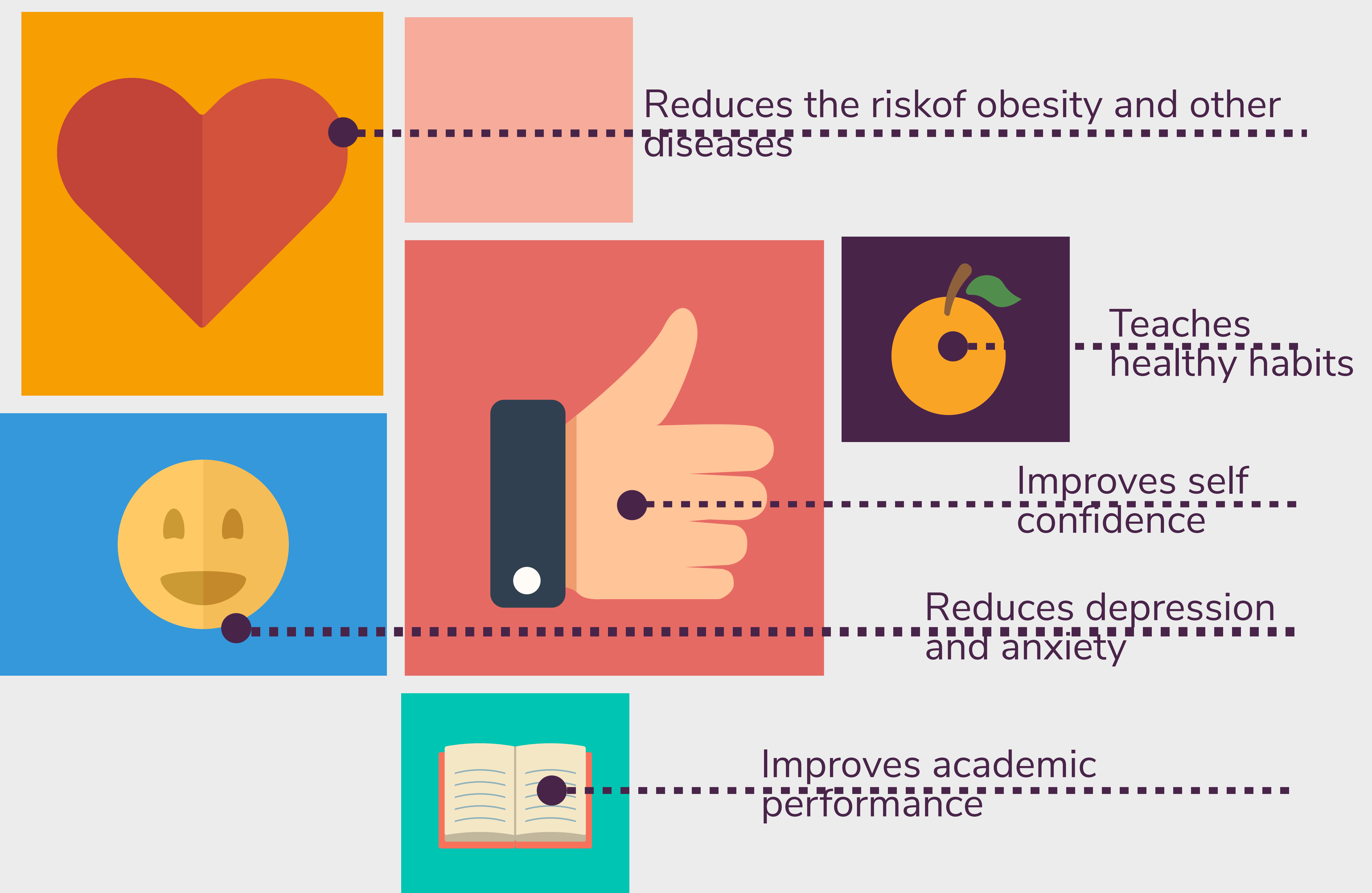


THE BENEFITS OF PHYSICAL EDUCATION



School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle.