



February 21, 2022

Maryland House of Delegates
6 Bladen St.
Annapolis, MD. 21401

In Support of HB 989: Public School Students – Daily Fitness - Student Health and Fitness Act

Members of the Maryland House of Delegate’s Ways and Means Committee.

Our 1400 plus membership of families supports this bill, and the establishment of such a great, health and fitness focused education program for Maryland’s Kindergarten and Elementary School students.

What a great idea to bring nature, equity and inclusion to student populations that may have limited or no access to outdoors and improved fitness. Our kids need movement and times during the day when they are not required to sit still at their desks. More movement and exercise is better for the overall mental and physical health of our students.

After the events of the past 2 years, now more than ever, we all need to be outside exercising and enjoying better fitness as essential to the overall health and mental well-being of Maryland’s students.

Please return a favorable report on HB 989 in order to provide programming while improving health and fitness programs all across the state of Maryland.

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