



STATE OF OHIO
OFFICE OF ELGIN ROGERS JR.
RIFFE GOVERNMENT CENTER, TENTH FLOOR
77 S. HIGH STREET COLUMBUS, OH 43215

House Bill 322 - Enact the Ohio Fitness Test Act

Chair Fowler Arthur, Vice Chair Odioso, Ranking Member Robinson and members of the Education committee:

Thank you for bringing House Bill 322 to committee. House Bill 322 seeks to reinstate a fundamental element in our children's education, physical fitness. Physical fitness and activity are paramount to our children's health and well-being. According to the World Health Organization 80% of children do not meet the recommended level of physical activity.

The Center for Disease Control and Prevention (CDC) recommend that children participate in 60 minutes of physical activity per day. According to the CDC Children who regularly engage in physical activity have higher levels of fitness, lower body fat, stronger bones and muscles compared to their non-active counterparts (*"Physical Activity Guidelines"*). Children who regularly engage in physical activity also have a reduced risk of chronic diseases such as type 2 diabetes and obesity due to physical activity increasing their body's ability to regulate blood sugar levels (*"Children's Health Benefits"*). Between 2017 and 2020 approximately 13% of children between the ages of 2 and 5 and approximately 21% of children between the ages of 6 and 11 had obesity (*"Child Health"*). Since the pandemic the percentage of children with obesity and diseases such as type 2 diabetes has increased.

Additionally, physical activity has also proven to positively impact children's cognitive abilities. Recent studies indicate that physical activity improves children's memory and their ability to focus both of which enhance their education. Additionally, physical activity reduces the risk of depression and fosters positive mental health outcomes (*World Health Organization*).

House Bill 322 will reinstate the presidential physical fitness test for students in grades 1 through 12. The presidential physical fitness test measures



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student's fitness via a variety of exercise that test students' strength, flexibility, and endurance (*Murrieta Valley Unified School District*).

In a time when sedentary lifestyles, screen time, and childhood obesity are on the rise, this legislation sends a clear message: physical fitness is not optional, it is essential. It is vital to a child's mental clarity, emotional stability, and lifelong health.

This bill is not just about push-ups and sit-ups. It's about instilling discipline, fostering resilience, and teaching children the importance of setting and reaching goals. It's about giving every student, regardless of athletic ability, the opportunity to feel proud of their effort and progress. By making physical fitness a celebrated part of the school experience, House Bill 322 has the power to inspire a generation of healthier, stronger, and more confident young people.

I respectfully ask for your support in moving this legislation forward, and I am happy to answer any questions.

Thank you.



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