

Share the Inclusive Physical Education and Physical Activity Research Brief

Dear School Health Partner,

Did you know creating an inclusive culture for physical education and physical activity in schools helps all students learn to lead a healthy and active lifestyle? However, only 62% of schools require students with disabilities to participate in physical education.

All students, regardless of ability, should get the recommended 60 minutes or more of daily physical activity. Schools can help them meet this recommendation by creating **inclusive physical education and physical activity programs** that provide equal opportunities for all students to participate.

CDC Healthy Schools has developed a research brief for state education and health leaders that:

- Defines inclusion.
- Identifies relevant federal policies.
- Describes the current status of inclusion in the United States.
- Suggests six simple actions state leaders can take to promote inclusion at the district and school levels.

We Need Your Help!

Promote this [research brief](#) by sharing it and the attached graphic through your communication channels. We've included a few simple ways you can help us spread the word and advance inclusion in schools across the U.S.

Sample Facebook Posts

Did you know inclusive physical education and physical activity programs in schools improves physical, mental, and behavioral health for all students, including those with disabilities? <https://bit.ly/3dqi2Wz>

Help promote physical education inclusion in your schools! Share the CDC Healthy Schools brief with your state education and health leaders: <https://bit.ly/3dqi2Wz>

Sample Twitter Post

Help promote #physicaleducation inclusion in your schools! Share the #CDCHealthySchools brief with your state leaders: <https://bit.ly/3dqi2Wz>

Website

www.cdc.gov/healthyschools/physicalactivity/inclusion_pepa.htm

Email

Forward this email to partners and leaders in your network!

Newsletter

Share the link to the research brief in your digital newsletters.

Thank you for your help spreading the word and for your continued dedication to advancing school health.

-CDC Healthy Schools

#CDCHealthySchools

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