

PE4life Testimonials

Has PE4life made an impact in your school or community? Send your story and/or testimonial to info@pe4life.org!

"Consistent exercise, and certain types of specific exercises, can both temporarily and permanently affect the way your brain is able to focus, its ability to deal with stress and anxiety, and its ability to learn ... Exercise is like fertilizer for the brain ... it's so good, it's like Miracle Gro." - **Dr. John Ratey, Associate Clinical Professor of Psychiatry at Harvard Medical School**

"PE4life has had a tremendous influence on the lives of our students. It's not just the increased levels of fitness we are seeing in our kids which has everyone excited. Students are also more motivated throughout the day, their enthusiasm is way up, and discipline issues are way down." - **Craig Rupert, Principal, Woodland Elementary School, Kansas City Academy Training Center**

"We're working very hard on creating a caring community across the board. The fact that kids are equalized in P.E. helps. We don't have as much name-calling, teasing, bullying as we have had in years past. That all comes from being a healthy being." - **Karen Jez, Superintendent Titusville (PA) School District, Site of Pennsylvania PE4life Academy Training Center**

"85% of children are kinesthetic learners. We need to teach them through their bodies. Bottom line: A healthy, active child learns better." - **Jean Blaydes Madigan, neurokinesiologist Action Based Learning**

"PE4life has a proven record of reversing the trend in this country of inactivity by increasing physical education, which has been proven to impact students' ability to learn." - **Tom Harkin,, U.S. Senator**

"Attending PE4life training certainly raised the bar for us. I've never seen children so excited about coming to PE class. What is going on with physical education in PE4life Academies should be happening in every school in America." - **Pollia Griffin, Assistant Superintendent, Madison County School District, Flora, Mississippi**

"Our visit to the PE4life (Academy) will have a major impact on how physical education will now be delivered in Grosse Ile. The shift to physical education for lifelong fitness behaviors and attitudes will have a positive impact on the future of children throughout the country. I can't help but think this is one of the most important days I have spent this year!" - **Peter J. Dion, Superintendent, Grosse Ile (MI) Township Schools**

"Every child loves to run and play. With daily physical education the child grows into an adult who understands the value of play to a well rounded life." —**Jennifer Azzi, Former Basketball Star & Olympic Gold Medalist**

"Kids bring their excitement about daily activity into their families. PE4life keeps kids and families together: the foundation of a stronger America." -**Archie Manning, Former NFL Pro Bowl Quarterback & League MVP**

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Academy schools should be happening in every school in America." **-Pollia Griffin, Assistant Superintendent, Madison County School District, Flora, MS**

"As a result of our initial visit to a PE4life Academy, we realized this was something that would be very beneficial in our community. I was able to convince the hospital board and work with the school systems to fund PE4life in all of our schools. **Greg Carlson, Former hospital CEO, Owensboro, KY**

I wish physical education was taught across the nation like it is taught [at the PE4life Academy]. You will end up saving more lives through your profession as a physical education instructor than I will ever be able to do as a physician. Please make physical education teachers throughout the country aware of the immense effects their efforts can have in developing a healthier population. **-Dr. Michael Kretz, 25-year practicing physician**

"PE4life's philosophy matches our corporate approach of personal accountability and healthy lifestyles through an emphasis on prevention and early intervention. The PE4life Academy will help local children become stronger physically and mentally, which bodes well for the overall health of our community, including our future workforce and membership." **-Tom Bowser, president and CEO of Blue Cross and Blue Shield of Kansas City**

My staff was so energized and enthusiastic after the visit. They now have a vision of how physical education is taught with the "New P.E." program. The organization, time management, structure and overall physical education classes at the PE4life Academy has shown our staff a new outlook towards teaching P.E. It has made a vital difference in the way physical education is taught in our school and how our P.E. teachers are viewed as educators. The visit has also shown my staff how valuable and essential it is that we become a more fit society to benefit ourselves mentally and physically. **- Misti Mitchell-Bain, Physical Education Teacher, Comanche, OK**

"In my 36 years in education this was the most meaningful, thought-provoking and motivational presentation regarding physical education in public schools." **- Bill Smith, Physical Education Teacher, Las Flores Middle School, Las Flores, CA**

You not only gave us the first step and vision to improve our program, you gave all of us a piece of your personal passion and your passion for our profession. Your knowledge and guidance will be a great help for us in taking the next steps toward creating a quality program." **- Mike Sinram, Curriculum Director, Waterloo (IA) Community Schools**

Take a look at some of the successes schools have experienced after attending a PE4life Workshop!

"The PE4life training provided me with a guideline to structure what we wanted to achieve at Banneker. When we used the outline in Chapter 3 for the funding it showed me how to form a committee and ask others for help. Each person had responsibilities and felt like they helped plan the program. We actually just followed the PE4life questions and decided that we wanted a fitness center and then started planning how to ask for funding. The internet was a great resource for us and our grant department helped us search for local funding. We ran into a few problems like putting the equipment together but a parent really stepped up to do it. Anything can be done if we keep asking for assistance and work together to reach our goals. Thanks PE4life, Nancy Bailey, Martha Brewer, and several

other PE teachers that helped us." - **Carri King, Banneker, Kansas City, Missouri School District (Note: King raised \$15,000 for her program after PE4life training)**

Training at the PE4life Academy showed us that a solid fitness-based program can change students lives. The students are learning how to incorporate fitness in their everyday lives. This will allow them to incorporate life-long fitness activities and principles throughout their lives. We have changed our PE schedule at the Middle School to let the students have PE 2-3 times per week instead of 9-week terms. We have also allowed our PE teachers the resources to do Fitness Testing and Professional Development so there is no guesswork in evaluating the students' progress. -**Steve Spangler, Middleboro, KY**

The PE4life Academy changed our way of thinking about what we could and should be doing in our physical education classes. Observing the model physical education classes and listening to the expert advise inspired us to make improvements in our program. We hope to motivate students to want to participate and be active not only in Physical Education but outside of school as well. It made us realize what our physical education program could be if we made the effort. We have brought together educators and health experts from our community for a common mission; to help prevent childhood obesity and improve the health of the children we serve. We have added the use of heart rate monitors, stationary bicycles, and pedometer use to our curriculum. The "Fitness Movement" has lead to a fund raising event to build a climbing wall for one of our middle schools. In the future we hope to show data that the PEP grant helped to get our kids moving and improve their health and physical fitness. -**Sheila Ocowicz, Redwood City, CA**

". . .our physical education program at Deer Path has changed. We have made a shift from a skill-based curriculum to a fitness-based curriculum. This does not mean we have taken sports out of the curriculum but modified their concepts to be fitness orientated." -**Bob Van Kast, Deer Path Middle School-East, Wellness Department Chairperson**