



The School Board of Broward County, Florida

RESOLUTION

No. 15-110

RESOLUTION IN SUPPORT OF PILATES DAY ~ MAY 2015

WHEREAS, First Lady Michelle Obama launched the *Let's Move!* Initiative dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams; and

WHEREAS, the *Let's Move!* Initiative challenges everyone to take an active role in reducing childhood obesity, including parents and caregivers, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies to ensure a healthy future for our children; and

WHEREAS, The School Board of Broward County promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support of good nutrition, healthy food choices available at school, physical activity and health practices, schools contribute to the basic health status of children; and

WHEREAS, The Pilates Day mission is to foster the public's appreciation and awareness of the Pilates Method through a network of varied, innovative, and high quality grassroots Pilates events accessible and affordable for all; and

WHEREAS, Pilates 4 Youth™ is an initiative of the Pilates Method Alliance originally conceived in 2002. The aim of the initiative is to foster and encourage teaching Pilates to children and adolescents safely and appropriately, taking into consideration the physiological and cognitive stages of development that they undergo; and

WHEREAS, Holy Cross Hospital partners in the local community through the Community Outreach Team, which works in partnership with local organizations, community groups and other healthcare professionals to develop a better understanding of local health needs, and facilitate the development of cooperative prevention strategies and improved outcomes; and

WHEREAS, Holy Cross Hospital and Broward Virtual School launched the Pilates for Growing Healthy Kids Series to improve access to physical activity through STEM (Science Technology Engineering Math) utilizing exercise science with Kindergarten through Twelfth grade students integrating experiential learning techniques via distance learning; and

WHEREAS, the School Board of Broward County, the Pilates Method Alliance, Holy Cross Hospital, and Broward Virtual School join in shared goals of providing students with health and wellness opportunities through initiatives that support *America's Move to Raise a Healthier Generation of Kids*.

NOW, THEREFORE, BE IT RESOLVED, that The School Board of Broward County, Florida, hereby extends its support for:

**PILATES DAY
MAY 2015**

and urges all schools, centers and departments and the entire community to make this a time to recognize and celebrate putting children on the path to a healthy future.

Given at Fort Lauderdale, Florida, this 21st day of April 2015.

THE SCHOOL BOARD OF BROWARD COUNTY, FLORIDA

BY: _____
Donna P. Korn, Chair

ATTEST: _____
Robert W. Runcie, Superintendent of Schools