

# Certified Healthy Oklahoma

## Creating a Culture of Health Together

### Physical Education

Physical education in schools helps all students develop the knowledge, skills, and attitudes needed to lead an active and healthy life. Studies also show physical activity helps students learn in all subjects.



**FAST FACT: It would take more than 121 school busses to hold all of the obese children and teens in Oklahoma**

### Quiz - What Do I Know?

- I know how many calories I need a day to maintain my body weight.
- I can create a workout to increase all over muscular strength and/or endurance.
- I know how to calculate and use my target heart rate zone to work out.
- I know and understand all safe biking laws for the state of Oklahoma.
- I can create a personal diet and workout to maintain caloric balance.
- If I wanted, I could play tennis and understand the rules.
- I could go camping and hiking in an Oklahoma State Park and understand how to "leave no trace" of my visit.
- I know how to critically evaluate TV, Internet, magazine, and newspaper advertisements to make choices based on what is best for my personal health, and not what advertisers want me to purchase.
- I know how to participate in a healthy and active lifestyle where I live without purchasing a gym membership.

Look for lesson 3 on February 3rd



NEWSPAPERS IN EDUCATION  
THE OKLAHOMAN



BlueCross BlueShield  
of Oklahoma



Institute for Coordinated  
School Health



Oklahoma State  
Department of Health

