

Did you know that May is National Physical Fitness and Sports Month? It was designated in 1983 by the President's Council on Fitness to improve healthy lifestyles among all Americans and improve our quality of life.

As we all know, we need to be physically active now more than ever. Here are some of the [benefits of exercise](#) according to the [CDC](#):

- Reduced anxiety and depression
- Improved thinking, learning and judgment skills
- Better sleep
- Helps achieve or maintain a healthy weight
- Boosts immunity
- Strengthens bones and muscles
- Improves flexibility, endurance, strength, and speed
- Reduces the risk of many serious health conditions



Your Physical Education teachers would like to celebrate all that you have learned in Physical Education this school year. Do you enjoy doing jumping jacks? How about running around the block? Is volleyball your favorite sport? The opportunities to demonstrate your physical fitness levels and sports skills are endless. ***In honor of National Physical Fitness and Sports Month, on Wednesday, May 13, 2020 at 5:00 PM, we will be doing an all-city activity to celebrate. We would like all elementary and middle school students and their families to go outside in front of their homes and do their favorite physical activity or sport.*** Your Physical Education teachers will be out among your neighborhoods to watch you and your families demonstrate all that you have learned this year in your Physical Education classes. It would be great to see all of the Lakewood students at the elementary and middle school (there are well over 3000 + of you enrolled in Physical Education classes at the elementary and middle school level) out on your driveway, sidewalk, or in your front yard. Be sure to share your photos and tag @LkwdSchools, @LkwdSupt, @FitnessGov, your school, and your Physical Education Teacher and use the #MoveInMay. Remember to continue to practice social distancing while you're being active.

Lakewood Elementary and Middle School Physical Education Staff

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Nicole Anderson- Lincoln/Hayes Elementary Physical Education (@lkwPE)

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