



Lifetime Fitness Education

The *Physical Best* program of the National Association for Sport and Physical Education (NASPE) is a health-related fitness education program for use in conjunction with K-12 physical education curricula. The purpose of *Physical Best* is to assist physical educators in teaching health-related fitness education, through quality resources and professional development training, with a focus on teaching cognitive concepts and knowledge through activity, enjoyment of physical activity, and inclusiveness of all children.

Why Choose Physical Best?

The philosophy is in its name....

Practical
Health-related
Youth fitness education
Standards-based
Inclusive
Comprehensive
Age appropriate
Lifestyle emphasis

Behavioral approach
Enjoyable!
Self-responsibility
Teaching energy balance

Program Partners

Physical Best is partnered with The Cooper Institute's FITNESSGRAM health-related fitness assessment program and Human Kinetics publishers, to provide comprehensive fitness education, assessment and quality resources. S&S is the official equipment sponsor of Physical Best.



The Physical Best program has been reviewed by the American Heart Association and is consistent with their science and recommendations for physical activity.