



Saratoga Springs Board of Education  
3 Blue Streak Boulevard  
Saratoga Springs, NY 12866

Dear Saratoga Springs Board of Education Members:

Last week we read the Sept. 29 *Times Union* article, “School district could backpedal on policy” about Maple Avenue Middle School student Adam Marino who was met by school administrators and a state trooper because he rode his bicycle to his first day of classes—a practice that according to school officials is prohibited.

At a time when nearly one-third of American children and teens are overweight or on the brink of obesity, students like Adam who exhibit healthy behaviors should not be punished but rather rewarded. Overweight and obese children are at an increased risk for type 2 diabetes, high cholesterol and high blood pressure—health problems that were once confined to adults.

Our country is facing a national crisis, and the time to act is now. At the Center for Health Transformation, we have identified hundreds of solutions that increase healthy behaviors and healthy lifestyles within our communities. From a Georgia school district that encouraged students to use pedometers to “walk to Microsoft” in Bellevue, WA to the “walking school bus” method which Hillside Elementary in Niskayuna, NY has already implemented, we encourage you to review these solutions.

We also strongly encourage you to repeal Maple Avenue Middle School’s bicycle policy when your board convenes on October 13.

Respectfully,

Newt Gingrich  
Former Speaker, U.S. House of Representatives  
Founder, Center for Health Transformation

Laura Linn  
Vice President  
Director, Community Networks