

Sample letter to an elected official

422 Spring Mill Lane
Cincinnati, Ohio 45328

January 30, 2007

Governor Ted Strickland
30th Floor
77 South High Street
Columbus, Ohio 43215-6117

Dear Governor Strickland:

I am writing to you because I am worried that my friends and I are not getting enough physical activity. We used to have recess twice a day, but not anymore. We only get to go outside for ten minutes.

Getting enough physical activity leads to good cardiovascular health. It also helps us do better in school. Our bodies feel better when we have had time to exercise.

My mom said that the state wants us to spend more time on our subjects in school and less time exercising. I am hoping that you will help. Please change it so that we can spend more time being healthy.

Sincerely,

Jason Miller