



Health

Kids need exercise! It is recommended that children should get 60 minutes of moderate exercise every day.

The 2010 Surgeon General's Report on Physical Activity and Health reported that 78 percent of children fall short. By walking or bicycling to school, students get more physical activity, reduce their risk of obesity and diabetes, perform better at school and improve their overall physical and emotional health.

active kids learn better

physical activity at school is a win-win for students and teachers

GRADES: **20%** more likely to earn an A in math or English

STANDARDIZED TEST SCORES: **6%** increased over 3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES:

- 13%** increase in students' physical activity for the week
- 21%** decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:

after 20 minutes of sitting quietly after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

- after 20 minutes of physical activity: students tested better in reading, spelling & math and were more likely to read above their grade level
- after being in a physically active afterschool program for 9 months: memory tasks improved 16%

SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: Integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.