LEARNING BENEFITS

• Active children tend to be healthy children, and healthier children are better learners.
  Physical activity boosts brain development and learning ability in children and youth from birth through age 18.1,5

• Students who are physically active tend to have better grades, school attendance, and classroom behaviors.4-7

• Students spend most of their time in the classroom, making it a good location for adding opportunities for physical activity. Brief classroom physical activity breaks of 5-10 minutes can improve attention, focus, and test scores.4-7 The regularity of school schedules can also provide a consistent activity routine many students might lack on non-school days.9

HEALTH BENEFITS

• Toddlers, children, and adolescents who are physically active daily are less likely to develop overweight, obesity, or risk factors for other chronic diseases including some types of cancer.3,10 Infants who get regular tummy time may have less risk of developing overweight or obesity.1

• Physically active toddlers, children, and adolescents have healthier hearts, stronger muscles, and stronger bones.3 They are also more likely to be active later in life, including as adults.11

• Regular physical activity may reduce feelings of anxiety, stress, and depression and increase self-esteem in children and adolescents.3,12

References

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