

## STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

# why does this matter?

**Active kids tend to be healthier kids, and healthier kids are better learners.**

**Regular physical activity reduces feelings of anxiety, stress, and depression, and increases self-esteem.<sup>1,2</sup>**

**Kids who are physically active on a daily basis are less likely to be overweight or obese.** They are also less likely to develop risk factors for chronic diseases and several types of cancer.<sup>1-3</sup>

**Students who are physically active tend to have better grades, school attendance, and classroom behaviors.<sup>4-8</sup>**

**Students spend most of their time in the classroom, making it a practical location for adding opportunities for physical activity.** Brief classroom physical activity breaks (5-10 minutes) can improve attention, concentration, on-task behavior, and test scores.<sup>4-8</sup>

#### References

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2. IOM (Institute of Medicine). *Accelerating progress in obesity prevention: solving the weight of the nation*. Washington, DC: The National Academies Press; 2012.
3. Kushi LH, Byers T, Doyle C, et al. American Cancer Society Guidelines on Nutrition and Physical Activity for cancer prevention: reducing the risk of cancer with healthy food choices and physical activity. *CA Cancer J. Clin.* 2006;56(5):254-281.
4. Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services; 2010.
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