

Provide Opportunities for Physical Activity Every Day



one hour or more of physical activity

WHY DOES THIS MATTER?

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 18.¹⁻³
- **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.⁸ **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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