

Physically Active Youth Are Healthy And ...

The Centers for Disease Control and Prevention (CDC) recently reviewed studies about school-based physical education and physical activity and their effect on academic performance, with overall positive results.

Let's Move ...

Our Youth to Be Physically Active

Whether you are a parent, principal, superintendent, school board member, legislator or concerned citizen, you have a role to play in helping our youth become active and in making quality physical education and physical activity a reality in your local school.

The Brain Game

Research shows that physical activity can positively affect:

- Blood flow and oxygen to the brain, thereby improving mental clarity.
- The part of the brain responsible for learning and memory.
- Connections between nerves in the brain, thereby improving attention and information-processing skills.

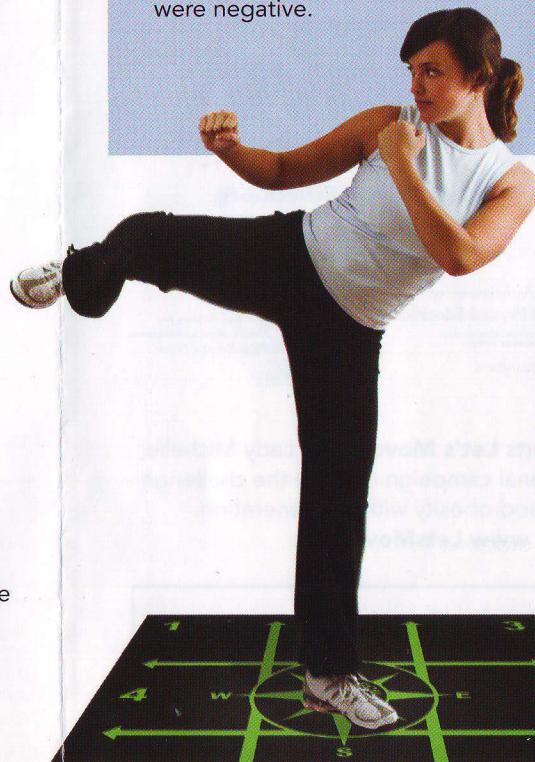
Physical activity also:

- Builds strong bones and muscles.
- Decreases the likelihood of developing obesity and risk factors for diseases such as type 2 diabetes and heart disease.
- Promotes positive mental health and can reduce anxiety and depression.
- Positively affects classroom behavior and can help youth improve their concentration and memory.

The **POSITIVE** Impact of School-Based Physical Education and Physical Activity on Academic Performance

Centers for Disease Control and Prevention (CDC) Review of Research Findings

- 50 studies were reviewed.
- A total of 251 associations between physical activity and academic performance were tested.
- More than half (50.5%) of all associations tested were positive.
- Only 4 (1.5%) of all associations tested were negative.



Types of Studies Reviewed	Positive Associations Correlated to ...
Physical Education	Attention/concentration Achievement test scores
Recess	Attention/concentration On-task behavior
Classroom Physical Activity	Attention Classroom behavior/conduct Achievement test scores
Extracurricular Physical Activity	Education aspirations School attachment School completion/graduation Grade point average

The Bottom Line

- Substantial evidence suggests that physical activity can be associated with improved academic achievement, including grades and standardized test scores.
- Increasing or maintaining time dedicated to physical education can help – and does not adversely affect – academic performance.

Full report of methods and results: www.cdc.gov/HealthyYouth

Physical Activity Guidelines

The federal Physical Activity Guidelines for Americans recommends that children and youth ages 6-17 should participate in at least 60 minutes of physical activity daily.

... Ready to Learn

Together, we can put research into action to develop active, healthy kids in our nation's schools. www.LetsMoveInSchool.org