

# Let's Move More in Schools!

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Created by SeekFreaks



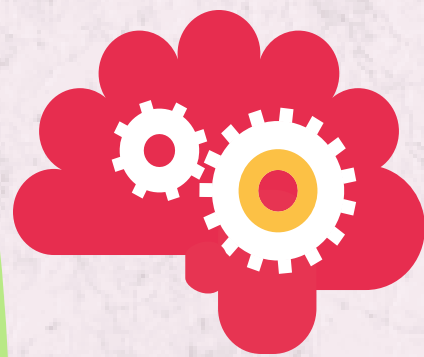
## Problem: Kids are not moving enough!

~5.5 hours/day on TV, computer or handheld device  
Only 50% of schoolchildren have at least 1 PE class/week



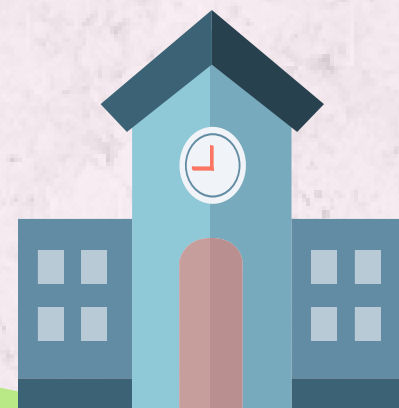
## US Dept of HHS Recommendations

~60 minutes of moderate physical activity/day  
Half of this physical activity should occur in school



## Brain Benefits of Movement

Increase ...blood flow to the brain  
...levels of neurotransmitters  
...arousal - wakes us up!  
... activation of learning & memory centers



## Schooling Benefits of Movement

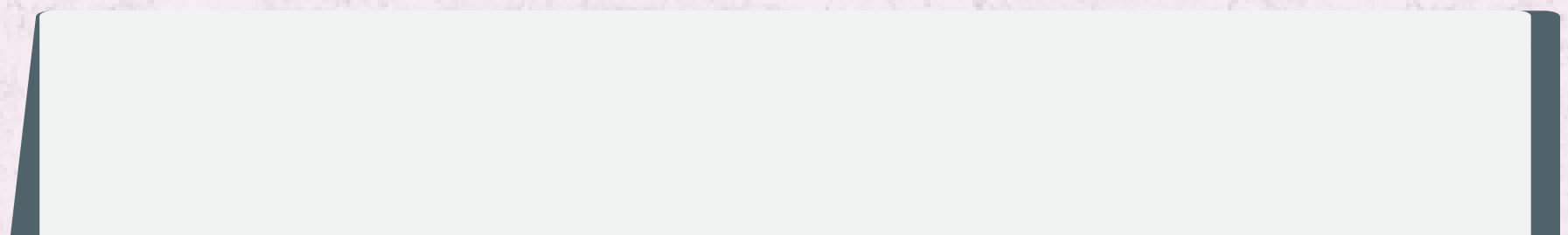
Improved ...academic achievement (e.g., grades)  
...on-task behavior & self-discipline  
...emotional regulation

## Let's Get Moving...Everyday...Many Times a Day

Aerobic exercises = biggest bang for the buck

Try *simple* aerobic activities: brisk walking, running,  
jump rope, cycling, going up & down stairs

Contact me for more ideas:



**Important!**  
Spending time for  
movement during  
the school day has  
no negative  
academic impact!



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