

HealthMPowers

Family and Community Engagement



Families supporting their children's physical activity can lead to early **adoption of a physically active lifestyle**.

School staff can reach out to engage families in their children's physical activity and physical education.⁶

Schools and community organizations can **team up** to increase access to physical activity **resources** for students and families.

THE CHALLENGE

The SHAPE fitness assessment results for 2013-2014:

- Only 19% of Georgia students were able to achieve the Healthy Fitness Zone (HFZ) for all five FitnessGram® assessments¹
- 24% of Georgia students were unable to achieve the HFZ for any of the FitnessGram® assessments¹

THE SOLUTION

The CDC recommends children get at least **60 minutes** of physical activity every day.²

Schools can help achieve this goal by promoting a Comprehensive School Physical Activity Program (CSPAP), which includes:

- Classroom integration
- Recess
- Before and after school activity
- Quality physical education
- Staff engagement
- **Family/Community engagement**

BEING PHYSICALLY ACTIVE IN SCHOOL

- ✓ Improves academic scores (reading, math, spelling and composite)³
- ✓ Improves classroom behavior⁴⁻⁶
- ✓ Increases concentration⁴⁻⁶
- ✓ Increases time on task⁴⁻⁶
- ✓ Reduces risk of depression³
- ✓ Improves cardiovascular fitness and muscular strength³
- ✓ Reduces likelihood for developing many diseases (e.g. type II diabetes)³

Engage Parents as Volunteers...



Before/After School Program Volunteers



Classroom Leaders



Recess Monitors

*Schools and families can collaborate to offer **physical activity opportunities** to improve the health of **students**, their **families** and the **culture** of an entire **community**.*

Parental support is an important predictor of children's physical activity.

- One study indicates that **family support** and **parent modeling** of exercise are linked to physical activity in children.⁷



Schools are the perfect place to connect students, families, educators and the community through physical activity.

- In 2011, 55% of schools nationwide conducted or **planned events** in which families were invited to engage in physical activities with students.⁸
- 39% of schools nationwide made their **gymnasiums available for open use** by students or community members before or after school, and 68% of schools nationwide made their **playgrounds available for open use**.⁸

REFERENCES

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Parents can improve their child's health by modeling and supporting physical activity.

Parents can increase their child's physical activity behavior by:⁷

- Actively playing with their child
- Encouraging their child's performance in physical activity
- Enrolling their child in physical activity programs
- Providing transportation to parks and other activity related facilities
- Teaching their child how to play active games and sports



Benefits of exercising as a family:⁹

- Increased wellbeing, self-image and self-esteem
- Stronger bones and muscles
- Increased lean body mass
- Decreased risk of heart disease and diabetes
- Lower blood pressure and cholesterol levels
- Stronger emotional bonds
- Improved sleep
- Improved ability to handle physical and emotional stress

No Cost/Low Cost Family/Community Engagement Resources:

Physical Activity Calendars by SHAPE America

<http://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.cfm>

Create a free account to use these monthly calendars to get moving every day!

GoNoodle

www.gonoodle.com

Create a free account to gain access to a variety of fun 3-5 minute virtual physical activities videos that are easy follow-along with at home.

Fit for a Healthier Generation Videos

These fitness experts have used their years of training to create free videos that are exciting and engaging for youth and parents to move.

Yoga with Tara Stiles:

<http://www.schooltube.com/video/00f515fec6354a019e82/Fit%20for%20a%20Healthier%20Generation:%20Tara%20Stiles%20Fitness%20Break%20Three>

Tae Bo with Billy Blanks:

<http://www.schooltube.com/video/a1b8d8168a994b34a7ba/Fit%20for%20a%20Healthier%20Generation:%20Tae%20Bo%20Elementary%203>

Cardio and Strength with Bob Harper:

<http://www.schooltube.com/video/793c17c7918849dda721/Fit%20for%20a%20Healthier%20Generation%20-%20Bob%20Harper>

Zumba:

<http://www.schooltube.com/search/?term=fit+for+a+healthier+generation+zumba>

Fitness Trail Stations from Alliance for a Healthier Generation

www.healthiergeneration.org/_asset/jt1ppk/09-877_FitnessTrailStations.pdf

Create a free account to use these exercise station cards to assist in establishing an indoor walking fitness circuit perfect for students, staff and parents.