THE CHALLENGE
The SHAPE fitness assessment results for 2014-2015:

- Only 19% of Georgia students were able to achieve the Healthy Fitness Zone (HFZ) for all five FitnessGram® assessments.¹
- 24% of Georgia students were unable to achieve the HFZ for any of the FitnessGram® assessments.²

THE SOLUTION
The CDC recommends children get at least 60 minutes of physical activity every day.³ Schools can achieve this goal by promoting a Comprehensive School Physical Activity Program (CSPAP), which includes:

- Classroom integration
- Recess/Physical activity breaks outside the classroom
- 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).⁴
✓ Improves classroom behavior.⁴
✓ Increases concentration.⁴
✓ Increases time on task.⁴
✓ Reduces risk of depression.⁴
✓ Improves cardiovascular fitness and muscular strength.³
✓ Reduces likelihood for developing many diseases.³

Youth need at least 60 minutes of physical activity every day for better health and school success. Through the CSPAP Model, schools can increase physical activity without compromising academic achievement. In fact, a number of research studies found increasing physical activity improved classroom behavior, time on task and academic achievement.⁷

PHYSICAL ACTIVITY DURING SCHOOL

Classroom Integration
- Provide physical activity breaks between subjects, or use it to teach academic concepts and skills.
- Eight out of nine studies found positive associations between classroom-based physical activity and indicators of academic performance (increased time on task, reduced fidgeting, improved concentration and improved reading, math, spelling and composite scores).³

Recess/Physical Activity Breaks Outside the Classroom
- Active recess for at least 20 minutes can improve academic performance.⁸
- Eight of eight studies found one or more positive associations between recess and indicators of student cognitive skills, attitudes and academic behavior including attention, concentration and/or on-task classroom behavior.³

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Students at Pointe South Middle School in Clayton County engage staff and students with their “work out” of the day.

BEFORE/AFTER SCHOOL ACTIVITY

- Before/after school physical activity has endless benefits and takes no time from the school day.
- A research study that provided ADHD students with 30 minutes of moderate to vigorous physical activity before school yielded benefits in motor, cognitive, social and behavioral functioning in young people exhibiting ADHD symptoms. 
- Adding structured physical activity programs in after-school programs increased youth physical activity without using up the time intended for completing their homework.

“I personally know the impact that an unhealthy body and mind can have on a student’s academics, a teacher’s ability to effectively instruct students and administrators’ ability to lead with fidelity.”

-Dr. Dugger, Principal, Kendrick Middle School, Clayton County, GA

QUALITY PHYSICAL EDUCATION

- The goal of physical education is to develop physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical activity.
- A review by the CDC found that in eleven of fourteen studies there were one or more positive associations between physical education and indicators of cognitive skills and attitudes, academic behavior and/or academic achievement.

STAFF ENGAGEMENT

Employees participating in worksite wellness programs benefit from:

- Increased well-being, self-image and self-esteem
- Improved stress-coping skills
- Improved health status
- Lower out-of-pocket healthcare costs
- Increased job satisfaction
- Safer and more supportive work environment

FAMILY and COMMUNITY ENGAGEMENT

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