

HealthMPowers



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® assessments¹
- 24% of Georgia students were unable to achieve the HFZ for any of the FitnessGram® assessments¹

THE SOLUTION

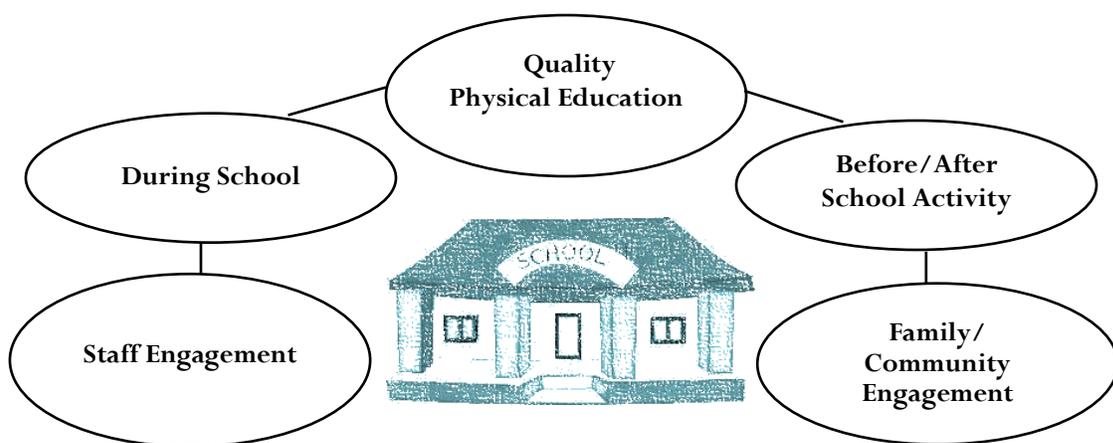
The CDC recommends children get at least **60 minutes** of physical activity every day.² Schools can achieve this goal by promoting a Comprehensive School Physical Activity Program (CSPAP), which includes:

- 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)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 diseases³

Improving Academic Achievement through a Comprehensive School Physical Activity Program



Comprehensive School Physical Activity Program (CSPAP) Model⁷

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.³

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



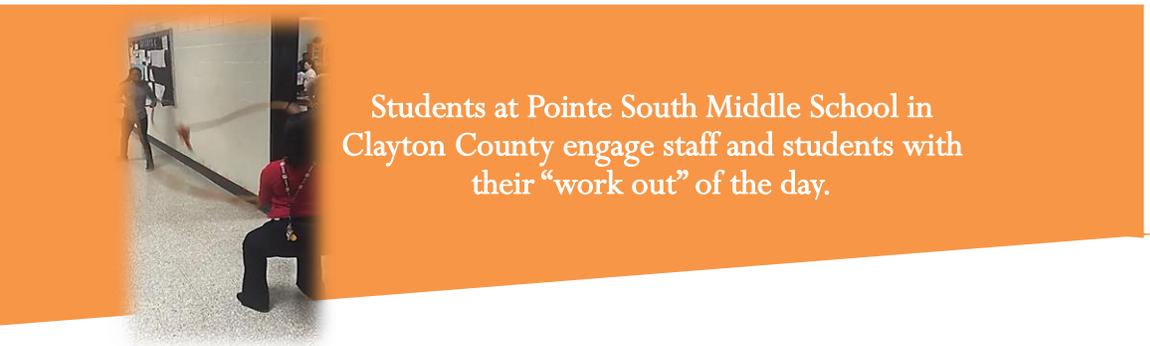
Recess/Physical Activity Breaks Outside the Classroom

- 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.⁹
- Adding structured physical activity programs in after-school programs *increased youth physical activity without using up the time intended for completing their homework.*³

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.⁸
- 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.*³



“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

STAFF ENGAGEMENT

Employees participating in worksite wellness programs benefit from:

- Increased *well-being*, self-image and self-esteem¹⁰
- Improved *stress-coping skills*¹⁰
- Improved *health status*¹⁰
- *Lower* out-of-pocket healthcare costs¹⁰
- Increased *job satisfaction*¹⁰
- Safer and more *supportive work environment*¹⁰

FAMILY and COMMUNITY ENGAGEMENT

- One study indicates *family support* and *parent modeling* of exercise are linked to physical activity in children.¹¹

health **M** powers®

For more information, contact us at

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