

HealthMPowers



GEORGIA LEADING THE WAY!

Georgia is recognized as the first state fully implement the Presidential Youth Fitness Program (PYFP).

These efforts led to the statewide initiative to increase physical activity in schools, Power Up for 30.

Power Up for 30 increases student physical activity!

Through a joint initiative between DOE and DPH, schools are increasing physical activity through before/after school programs, classroom movement and recess.

More than 8/10 GA ES teachers reported offering daily recess and classroom physical activity opportunities.⁴



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School Physical Activity Behavior and Health Benefits

Physical activity affects mood, vitality, alertness and feelings of well-being.¹

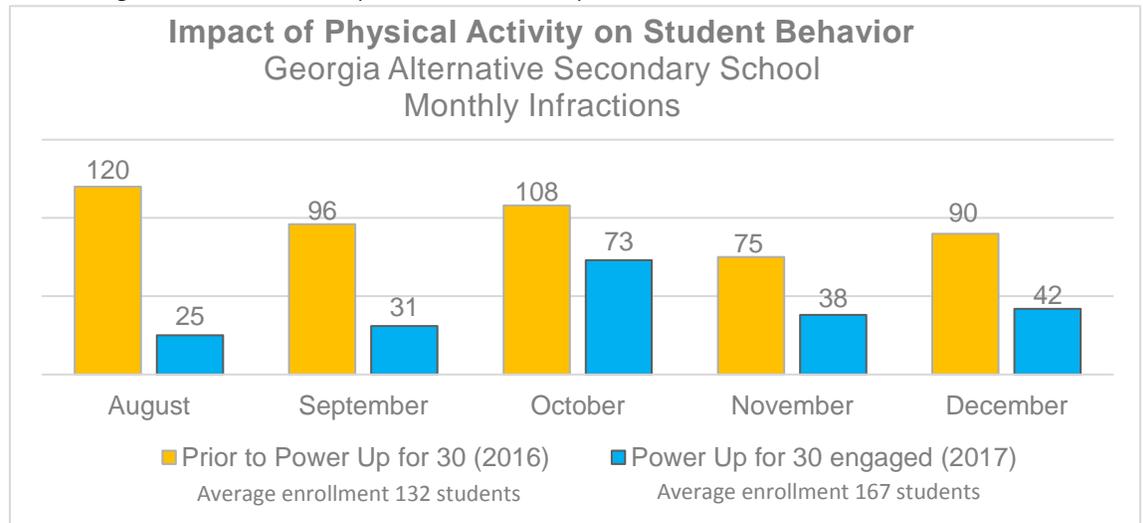
Physical activity improves classroom behavior and facilitates an optimal classroom environment.²

Positive associations exist between recess and indicators of student cognitive skills, attitudes, and academic behavior including attention, concentration and/or on-task classroom behavior.³

Power Up For 30 Impacts Behavior

A Georgia alternative secondary school, offering an alternate to long-term suspension/expulsion for students who violate certain school rules, implemented physical activity strategies integrating physical activity into classrooms and a daily school-wide post lunch walk.

School Principal, Dr. Anderson, noted significant behavior changes and released infraction count data capturing as high as 79% student reduction (August) from year to year. Dr. Anderson also provided the average student enrollment for 2016 at 132 students and 167 students in 2017.



REFERENCES: (1) Lawrence J. Train Your Brain With Exercise: Not only is exercise smart for your heart and weight, but it can make you smarter and better at what you do. WebMD Feature. July 28, 2003. Available at: <http://my.webmd.com/content/article/67/79909.htm>. Accessed June 22, 2015. (2) Wendy M. Cited in McCracken B. Creating an environment for learning. The State Education Standard. 2002; 3(4): 47-51. (3) Centers for Disease Control and Prevention. (2010). Association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010. (4) Barrett-Williams et al, Bridging Public Health and Education: Results of a School Based PA Program to Increase Student Fitness. Public Health Report: Vol. 132(Supplement 2) 1 (2017).