

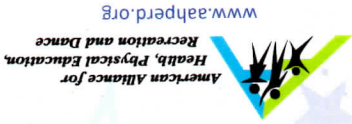
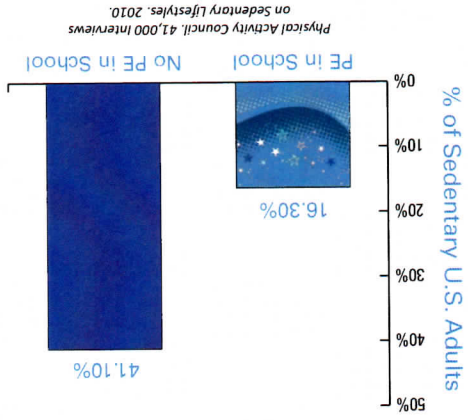


Active Lifestyles & Improved Health



For every \$1.00 spent on prevention, \$3.25 is saved in future health care costs!

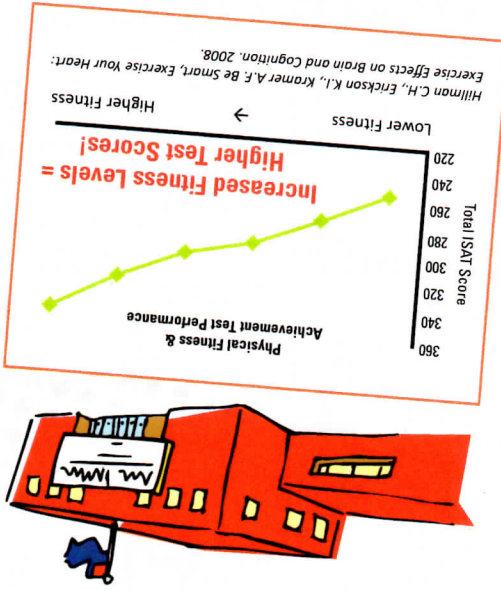
Children who have PE are 2.5 times more likely to be active adults!



Academic Achievement

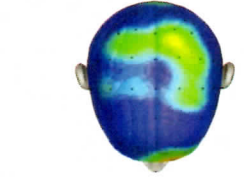
- Positive relationship with academic achievement
- Positive association with attention, concentration, and on-task behavior
- Encourages lifetime healthy habits
- Strategy for reducing childhood obesity
- Reduces discipline referrals and participation in high-risk behaviors

Benefits of Quality Health & Physical Education

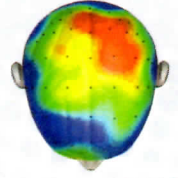


Average Composite of 20 Student Brains Taking the Same Test

Brains After Sitting Quietly



Brains After 20 Minute Walk



COLOR KEY:

Cool Colors – low to minimum brain activity

Warm Colors – mid to high brain activity

Hillman, C.H. The Effect of Acute Treadmill Walking on Cognitive Achievement in Preadolescent Children, 2009.