

Want to effect cognition, attitude, academics, test scores and behavior in school children?



Research has shown a positive association between 5-20 minute movement breaks in the classroom and cognitive skills, academic achievement, test scores, attitude and behavior.



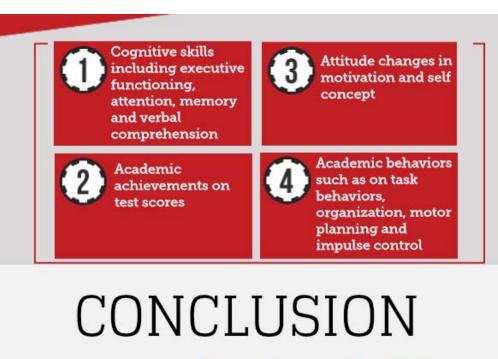
For Real?

Yes, the Center for Disease Control and Prevention published a research review of 9 studies indicating the positive benefits of being physically active in the classroom.



Positive Benefits of Physical Activity on the Brain

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Get up and get learning!!!!

Visit www.YourTherapySource.com for ideas to incorporate physical activity throughout the school day.

Reference: Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S.

Piktochart

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