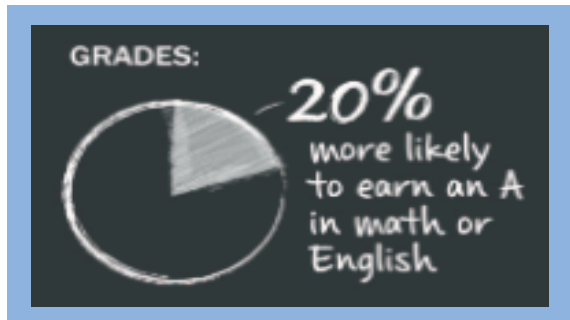
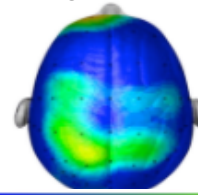


Increased Academic Performance

- Improves student concentration and ability to stay on-task in the classroom
- Reduces disruptive behavior due to increased self-regulation
- Increases memory and prepares the brain to take in new information
- Increases problem solving skills

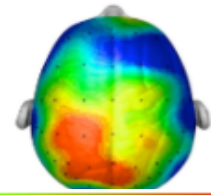


After 20 minutes of sitting quietly



Blue areas are least active

After 20 minutes of walking



Red areas are most active

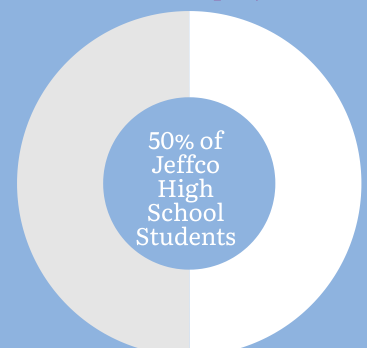
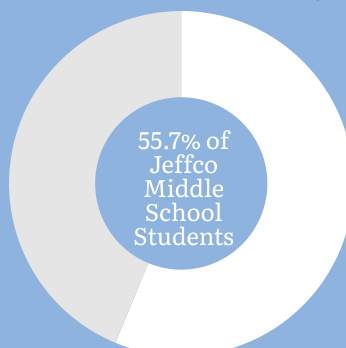
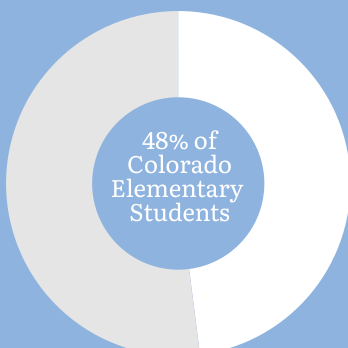
Increased Mental Wellness

- Reduces symptoms of anxiety and depression and increases resilience to stress
- Stimulates the release of brain chemicals that play an important part in regulating mood
- Improves behavior of those with behavioral health disorders (ADHD, Autism)
- Protect mental health over time

Increased Connection

- Builds a strong positive classroom culture by creating a safe/fun environment for students
- Students who feel connected to their school are more likely to have better academic outcomes and attendance
- Having a relationship with a trusted adult, such as a teacher to go to with a problem, is a protective factor against suicide and substance use

CDC Recommends 60 minutes of physical activity per day



According to the 2017 Child Health Survey and the 2019 Healthy Kids Colorado Survey