JEFFCO PUBLIC SCHOOLS
Healthy Schools

Boost Your Brain With Physical Activity

Optimize Cognitive Function and Mental Health

PHYSICAL ACTIVITY AND THE BRAIN

Did you know active children and teens have better academic and mental health outcomes? **Learn more here.**

During exercise the brain releases hormones that boost mood and promote the growth of new brain cells.

HOW PHYSICAL ACTIVITY BENEFITS THE BRAIN

ACADEMICS	MENTAL HEALTH
Improves Academic Achievement (including grades and test scores)	Improves Self Esteem
Increases Attention and Focus	Decreases Feelings of Anxiety and Depression
Improves Memory	Improves Coping Skills
Promotes Positive Classroom Behavior	Increases Feelings of Happiness
Increases Problem Solving Skills	Promotes Self Regulation

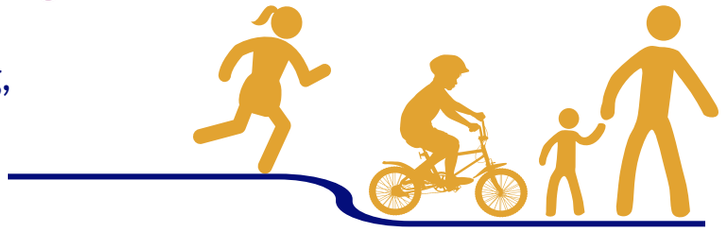
WATCH THIS VIDEO ABOUT EXERCISE AND BRAIN

FAMILY PHYSICAL ACTIVITY

Did you know children and teens should be physical active for 60 MINUTES DAILY?

Exercise as a Family! Role model healthy activities, feel good, and have fun together.

Physical Activity includes walking, dancing, running, swimming, playing soccer or catch, etc.



Use the **JEFFCO FAMILY PHYSIAL ACTIVITY CALENDAR** to add more movement into your daily routine.

(English Calendar, Spanish Calendar)

MORE INFORMATION: healthyschools@jeffco.k12.co.us tinyurl.com/healthyschoolsjeffco