

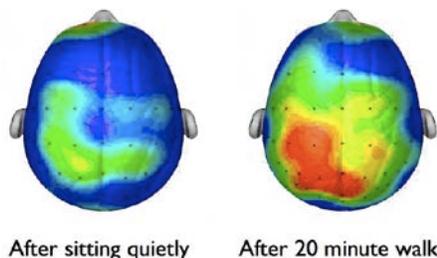
Benefits of Physical Activity

The U.S. Department of Health and Human Services recommends that youth between 6-17 years of age participate in at least 60 minutes of physical activity daily.¹

Benefits of Regular Physical Activity:

- Helps reduce the risk of developing obesity and chronic diseases, such as diabetes, cardiovascular disease, and colon cancer.²
- Helps build and maintain healthy bones and muscles.²
- Reduces feelings of depression and anxiety and promotes psychological well-being.²
- May help improve students' academic performance, including academic achievement and grades, academic behavior, and concentration and attentiveness in the classroom.³

Composite of 20 student brains taking the same test



ResearchScan compliments of Dr. Chuck Hillman University of Illinois

References

1. U.S. Department of Health and Human Services. *2008 Physical Activity Guidelines for Americans*. Washington, DC: U.S. Department of Health and Human Services; 2008.
2. U.S. Department of Health and Human Services. *Physical Activity Guidelines Advisory Committee report*. Washington, DC: U.S. Department of Health and Human Services; 2008.
3. CDC. *The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

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