

Health is Academic!

In addition to all of the physical benefits of physical activity, other benefits include:

- * Increased concentration
- * Improved attendance in school
- * Improved behavior
- * Higher standardized test scores

"Hey, Marcus, did you know that physically active children learn better?"

"Yep! That's why I'm so active. I need all the help I can get!"



Ways to Increase Physical Activity Throughout the Day

- * Walk or ride your bike to school.
- * Be active during recess.
- * Play after school for at least 30 minutes before doing your homework.
- * Take a 1-minute activity break every 15 minutes or so to help you stay focused.

Pizza Muffins

RECIPE

Ingredients:

- Whole wheat english muffins
- Pizza or marinara sauce
- Low-fat mozzarella cheese
- Tomato slices
- Zucchini slices
- Any other toppings



Directions:

Pre-heat oven to 425° F.
Place pre-sliced English muffins face up on a cookie sheet.
Spread a layer of the pizza sauce on each half of the muffin.
Top with cheese and vegetable toppings.
BAKE about 7 to 10 minutes or until cheese is melted and bubbles slightly.

MOVE TO LEARN

Here are some ways to review skills while doing physical activity. This is called "anchoring." Choose an "Activity" and practice one of the "Academics" while doing it.

An example is to jump rope while spelling your words for the week. Each jump is a different letter.

ACTIVITY	ACADEMICS
<ul style="list-style-type: none"> • Catching and throwing • Jumping rope • Dribbling a ball • Jumping jacks • Hoop spinning 	<ul style="list-style-type: none"> • Counting (by 1s, 2s, 5s, or 10s) • Reciting the alphabet • Adding and subtracting • Naming fruits and vegetables • Spelling



READ ALL ABOUT IT!

Happy Feet, Healthy Food: Your Child's First Journal of Exercise and Healthy Eating
by Carol Goodrow
365 Activities for Fitness, Food, and Fun for the Whole Family
by Julia Sweet

SPARK™
K-2

TAKE THE ROAD TO A HEALTHY LIFE!

Move along the road to find activities you can do. After completing an activity, color the sign next to it. If you do it again, put a star next to the sign. How many colored signs and stars can you earn this month?

