

Today's Lesson:

Healthy Students are Better Students



Healthy Eating + Physical Activity = Improved Academic Performance



Students who eat **breakfast** have **better attention and memory.**



Only **38%** of all teens eat breakfast every day.

Good job!

Needs improvement!



After just **20 minutes** of physical activity, brain activity improves.



Only **25%** of high school students are active for the recommended 60 minutes each day.

What is the right answer?

Schools:

Kids spend **2000 hours** every year in school, which makes that the smart place to encourage kids to eat right and get moving.



Wellness Programs:

Programs like **Fuel Up to Play 60** empower students to take actions like starting breakfast programs and walking clubs. Community leaders, businesspeople and health professionals can also assist schools in providing opportunities.



Extra credit:

- Read *The Wellness Impact: Enhancing Academic Success Through Healthy School Environments* at GENYOUthnow.org
- Learn more about how **Fuel Up To Play 60** is helping schools to take action at FuelUpToPlay60.com



AMERICAN COLLEGE of SPORTS MEDICINE



American College of Sports Medicine, American School Health Association, GENYOUth Foundation, National Dairy Council, The Wellness Impact: Enhancing Academic Through Healthy School Environment, March 2013.

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