

THE ROLE OF Schools IN PROMOTING PHYSICAL ACTIVITY

RECESS

Students who get at least

20 minutes of
recess per day

have a lower body mass index
percentile than their peers.



SAFE ROUTES TO SCHOOL

Students who walked
to school every day had

24

more minutes of
physical activity
per day.

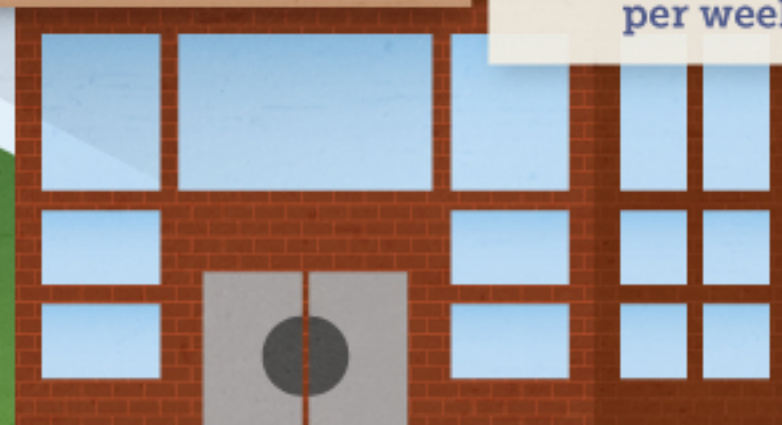


P.E.

In states with P.E.
requirements, high
school girls were active

37

more minutes
per week.



ACHIEVEMENT

Teens who were
active in school were

20%

more likely to
earn an "A" in
math or English.



Active Living Research

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