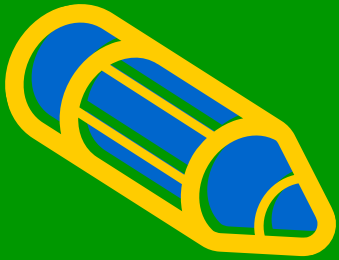


HEALTH IS ACADEMIC.

When schools are healthier, kids do better.

Here's how it works:



Kids spend 40% of their waking hours in school. Much of that time is spent sitting and focusing. That's hard for anyone, but especially kids.

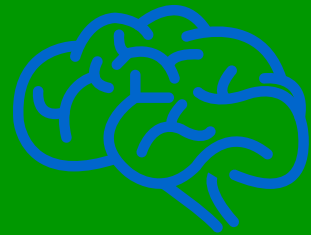
Some schools focus on student health through physical activity and nutrition. Most kids don't get the activity or nutrition needed to do their best.



Healthier foods and physical activity engage the brain differently than sitting and eating junk food do. The benefits are endless. Healthier kids have:



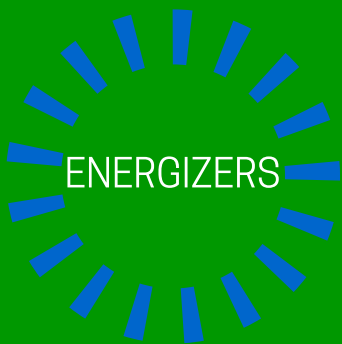
- Better focus
- Fewer disciplinary problems
- Better test scores



Healthier kids have better academic outcomes. It's that simple.



What can I do as an administrator?

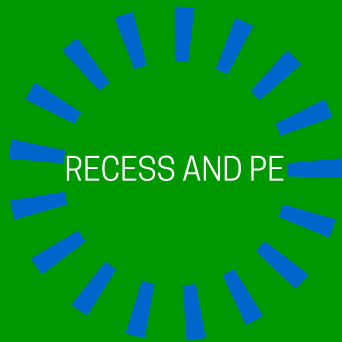


Energizers are free North Carolina curriculum-based bursts of activity. They are available online on NC DPI's website.

- **Support healthy school meals and snacks**
- **Use rewards and celebrations that don't include unhealthy food options**
- **Provide adequate time to eat**
- **Allow access to water throughout school day**



Protect recess and PE time. Consider using active recess tools like Playworks.



Your fundraising footprint matters. Unhealthy food-based fundraisers are bad for your students and your community. Limit fundraisers and use non-food based options.



- **The Walking Classroom**
- **School Gardens**
- **Outdoor learning environments**
- **Take the long way to your next class.**



Health is Academic.