

Research Facts

Increasing physical activity has strong correlations to improvements in academic performance, attendance, and a reduction in disruptive behavior. Adding daily physical activity improves academic achievement without taking away from academic performance.

- A student's health is a significant factor in their academic performance (Schoener, Guerrero & Whitney, 1998; Kelly & Moag-Stahlberg, 2002; Hendy, 2000; Jenson, 2000; and Irandoust & Karlsson, 2002).
- Providing physical activity, healthy food choices, and good wellness role models at school improves student overall health and academic performance (Connell, Turner, & Mason, 1985).
- Daily physical activity has been shown to lead to lower disciplinary issues (Kolbe, 1986; Botivin, Griffin, Hill-Williams, 2001; Field, Diego, & Sanders, 2001).
- Physical activity triggers chemical changes in the brain that promote learning (Gage, 1999).
- School-based physical activity programs increased concentration, improved math, reading and writing scores and reduced disruptive behavior (Kolbe, 1986).
- Students who participate in exercise regularly are less depressed, use drugs less frequently, have higher attendance levels at school and higher grade point averages than students who do not engage in regular physical activity (Field & Sanders, 2001).