

The Effects of Daily Exercise and Nutrition

From Edutopia (Dec/Jan 2006) from Fighting for Fitness [cover story] page 34:
by Evantheia Schibsted

"Increasingly, educators are finding that a healthy lifestyle promotes higher academic performance. Two years ago, Anthony Elementary School, a K-5 school in Leavenworth, Kansas, implemented a health-oriented program for its 350 students, which requires that they exercise, eat more nutritious lunches, and take two vitamin mineral supplements daily.

Before the program, Anthony was ranked ninth in standardized math tests and tenth in English exams in a district of ten schools. One year into the health program, the school's test scores rose to first in math and second in English. Student behavior also improved: Office referrals plummeted from 438 incidents in one year to 18. Additionally the number of students who met the Presidential Fitness Standards rose from 3 to 40 in the first year."