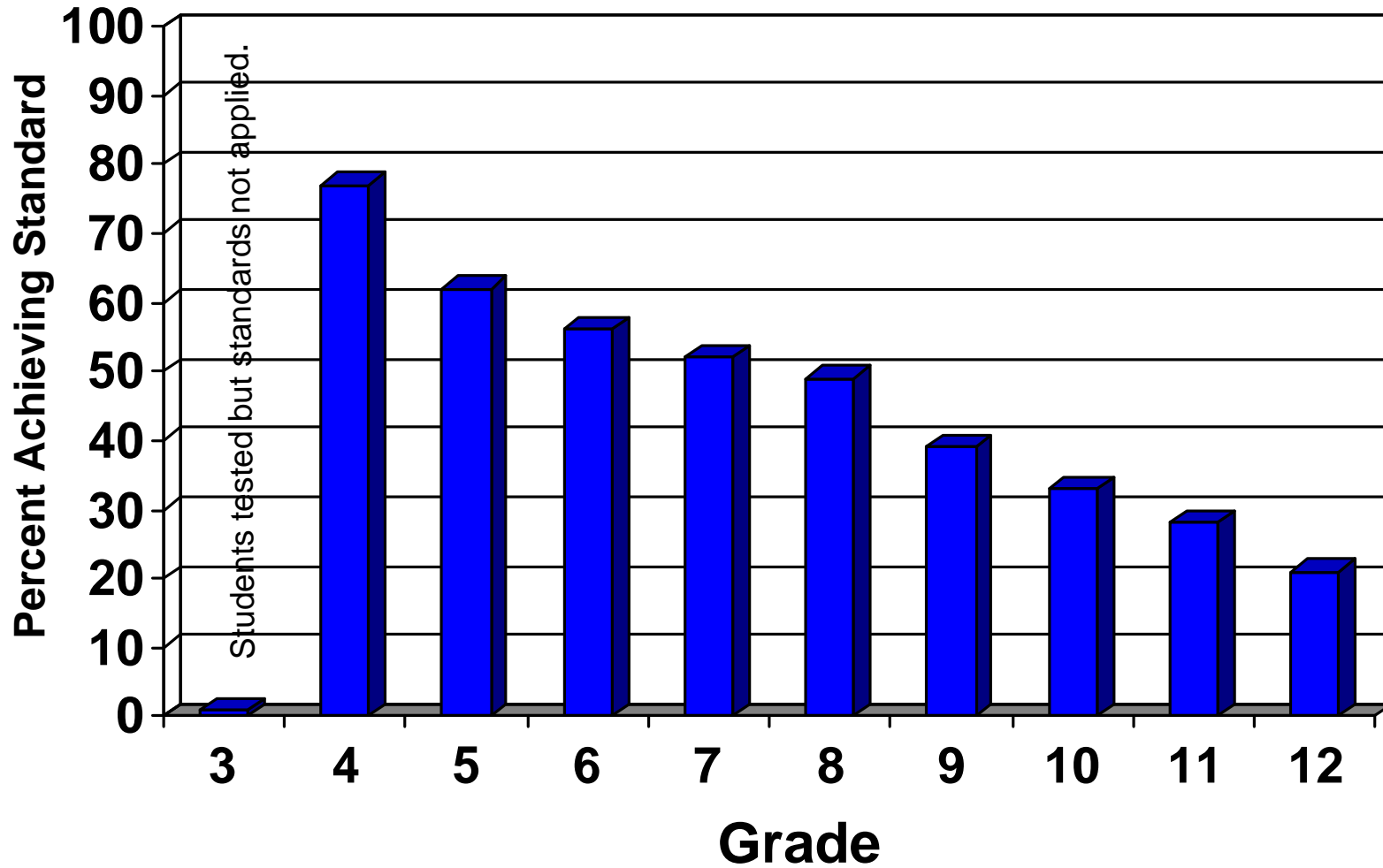


Cardiovascular Fitness by Grade

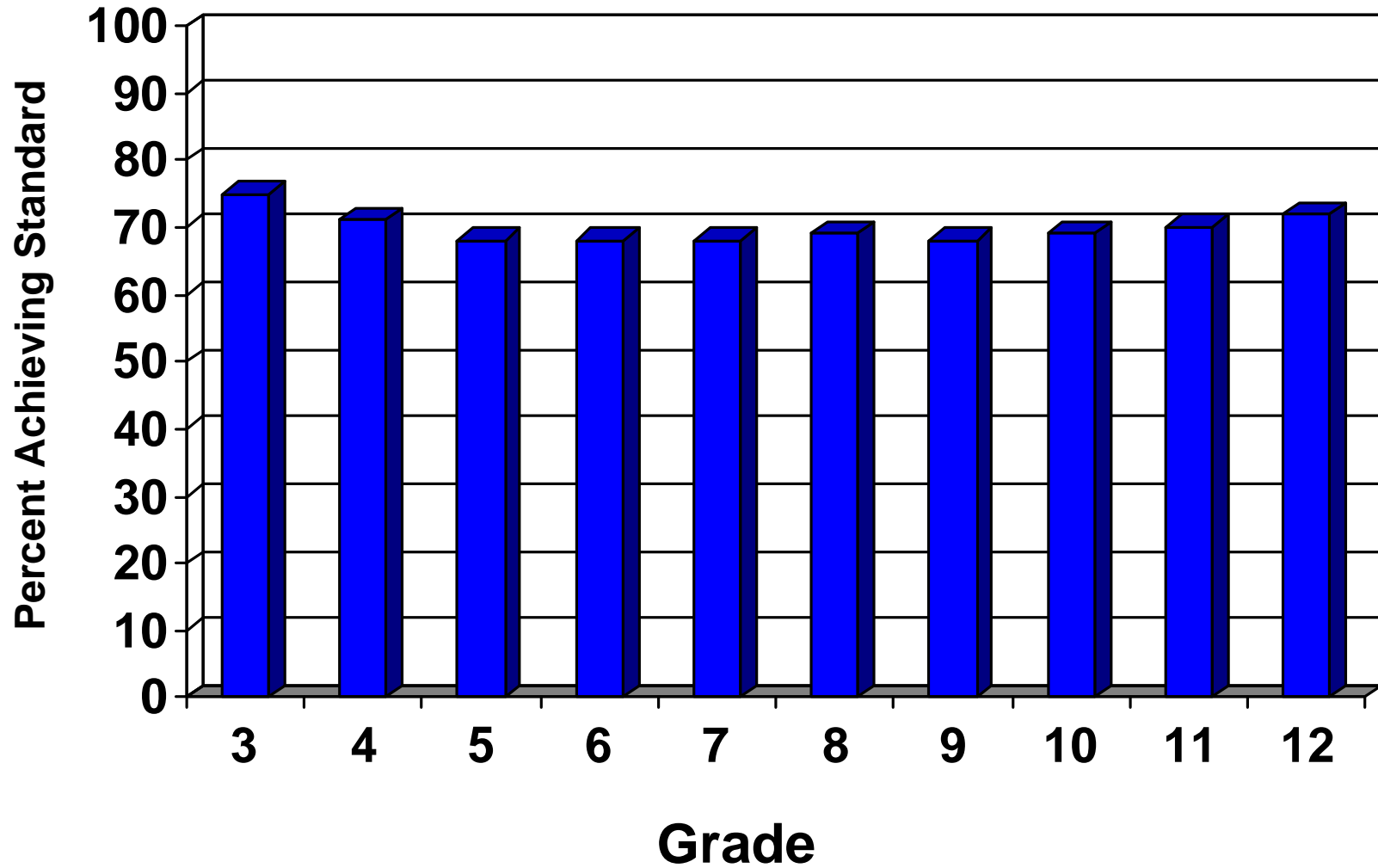
% Achieving "Healthy Fitness Zone"



Texas Youth Fitness Study

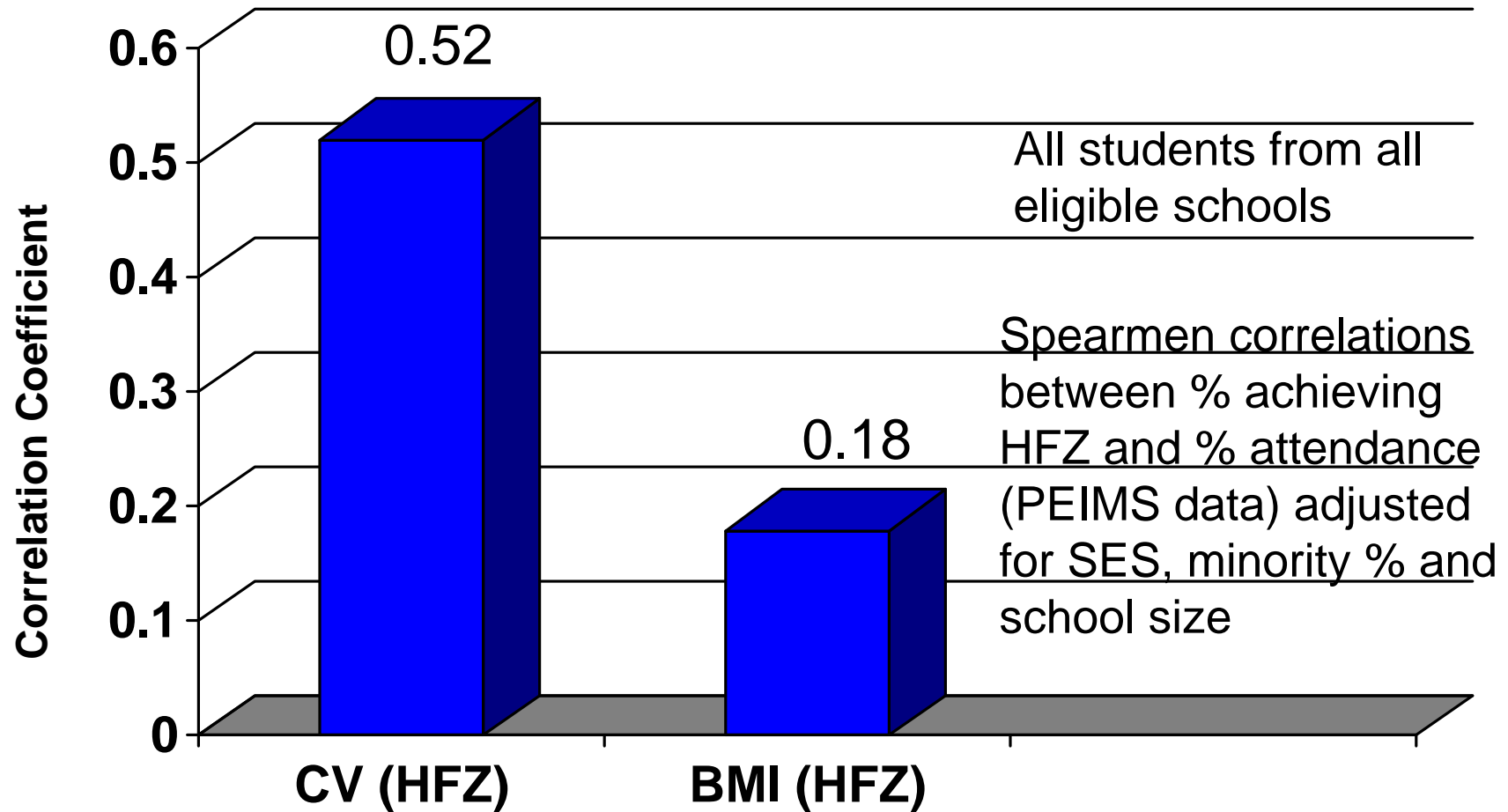
Body Mass Index (BMI) by Grade

% Achieving Healthy Fitness Zone



Association Between Fitness and School Attendance Rates

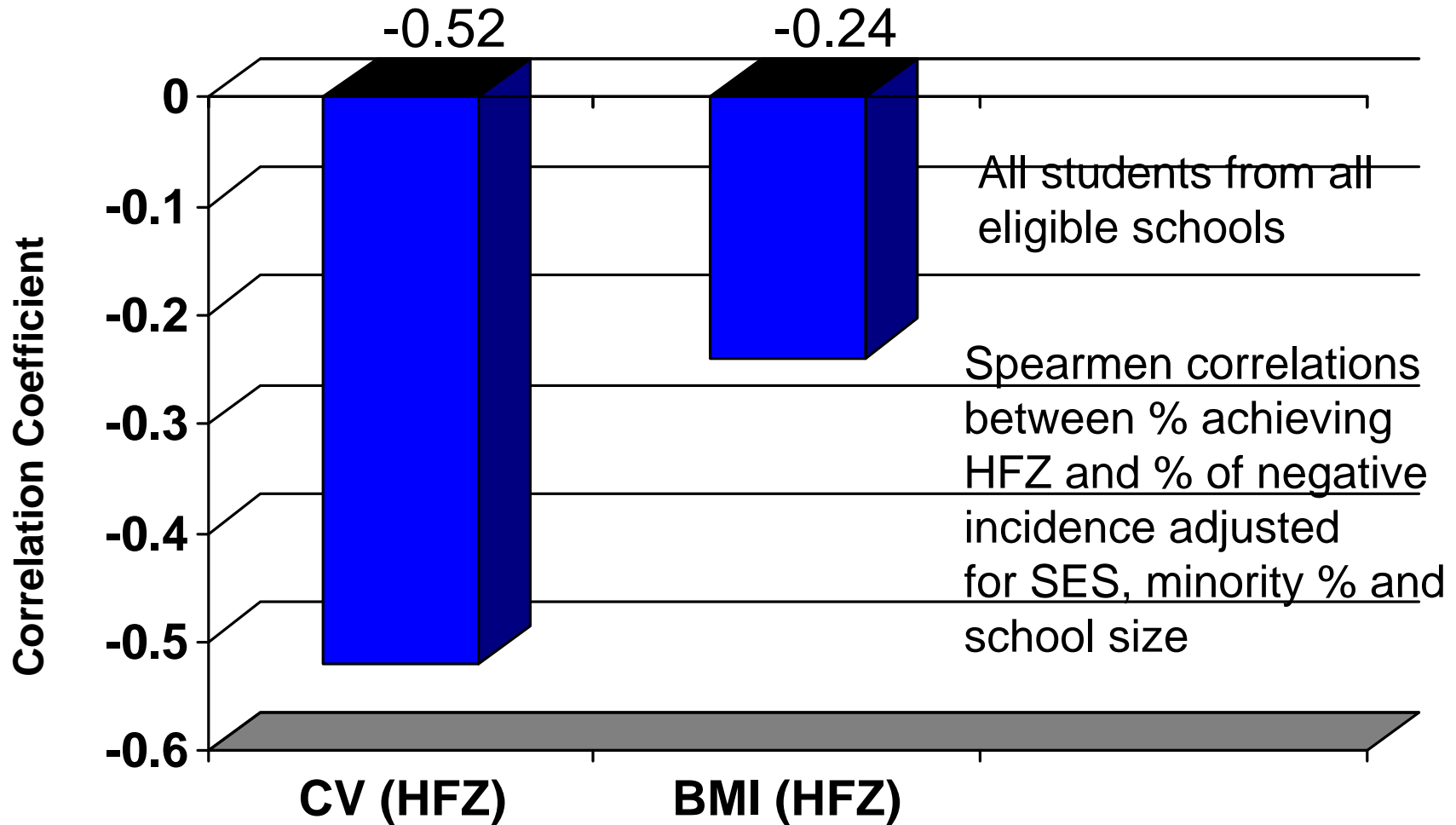
Texas Youth Fitness Study



Higher Levels of Fitness Associated with Better School Attendance

Association Between Fitness and School Incidence Rates

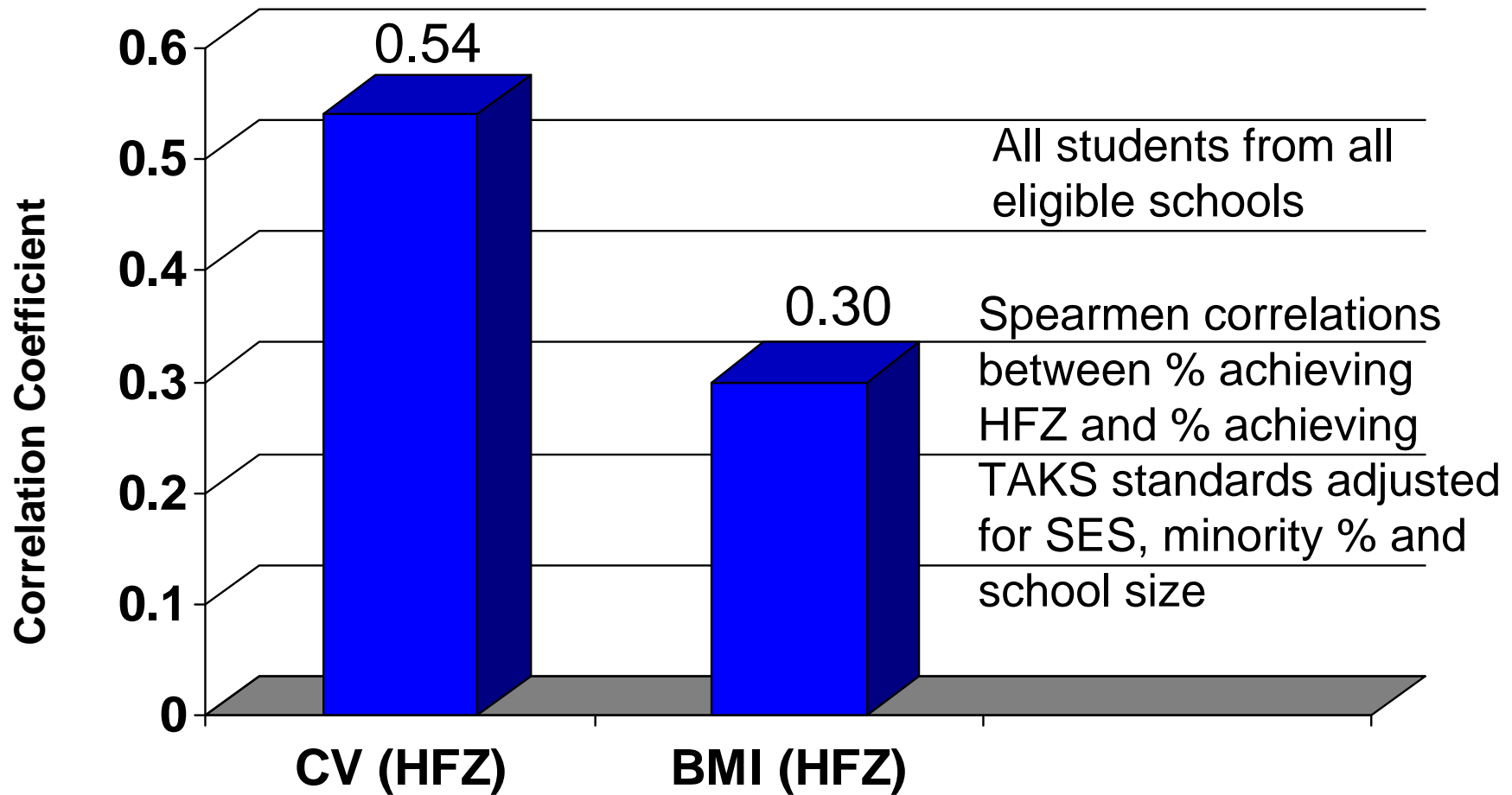
Texas Youth Fitness Study



Higher Levels of Fitness Associated with Fewer Negative School Incidents

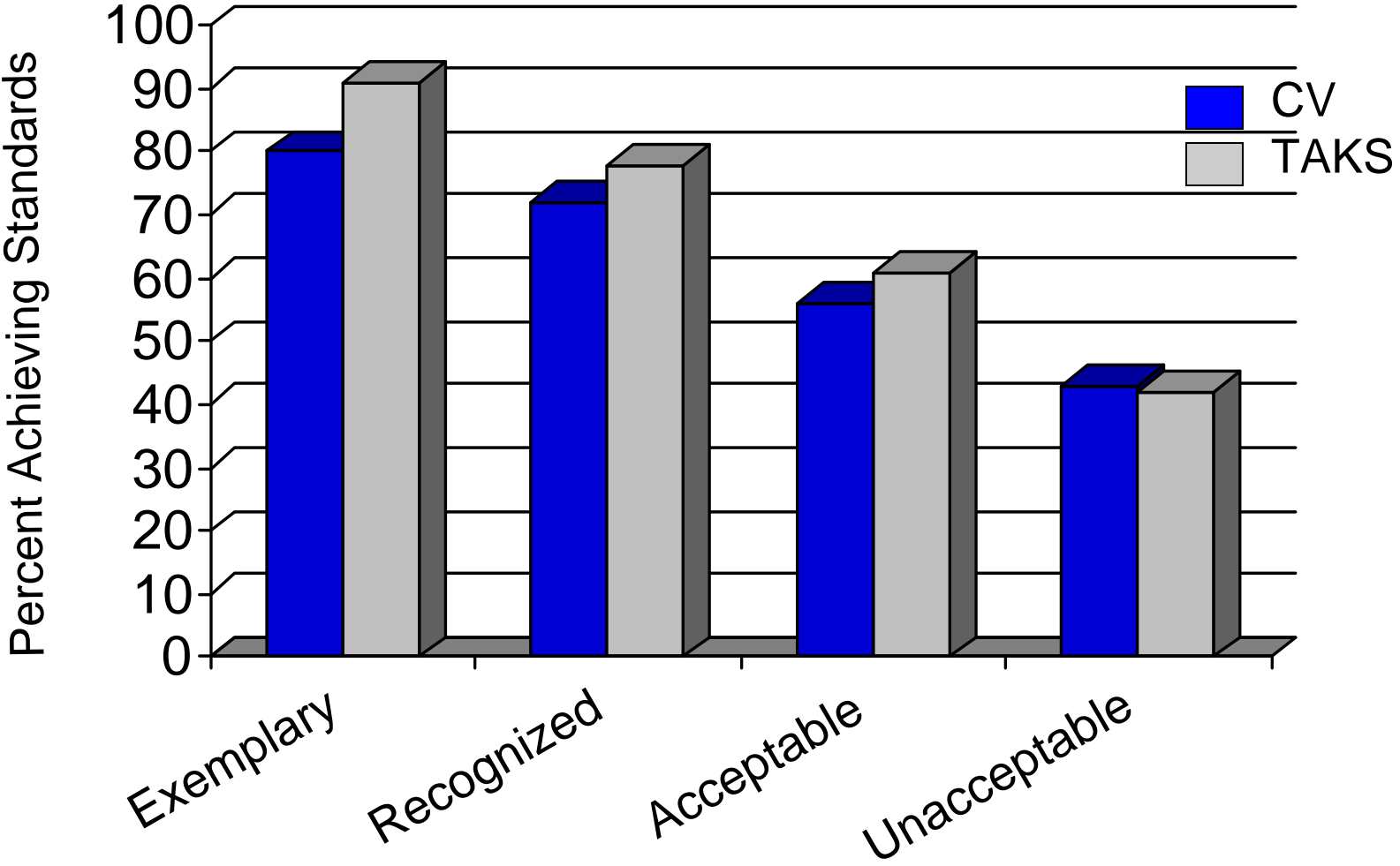
Association Between Fitness and Academic Performance (TAKS)

Texas Youth Fitness Study



Higher Levels of Fitness Associated with Better Academic Performance

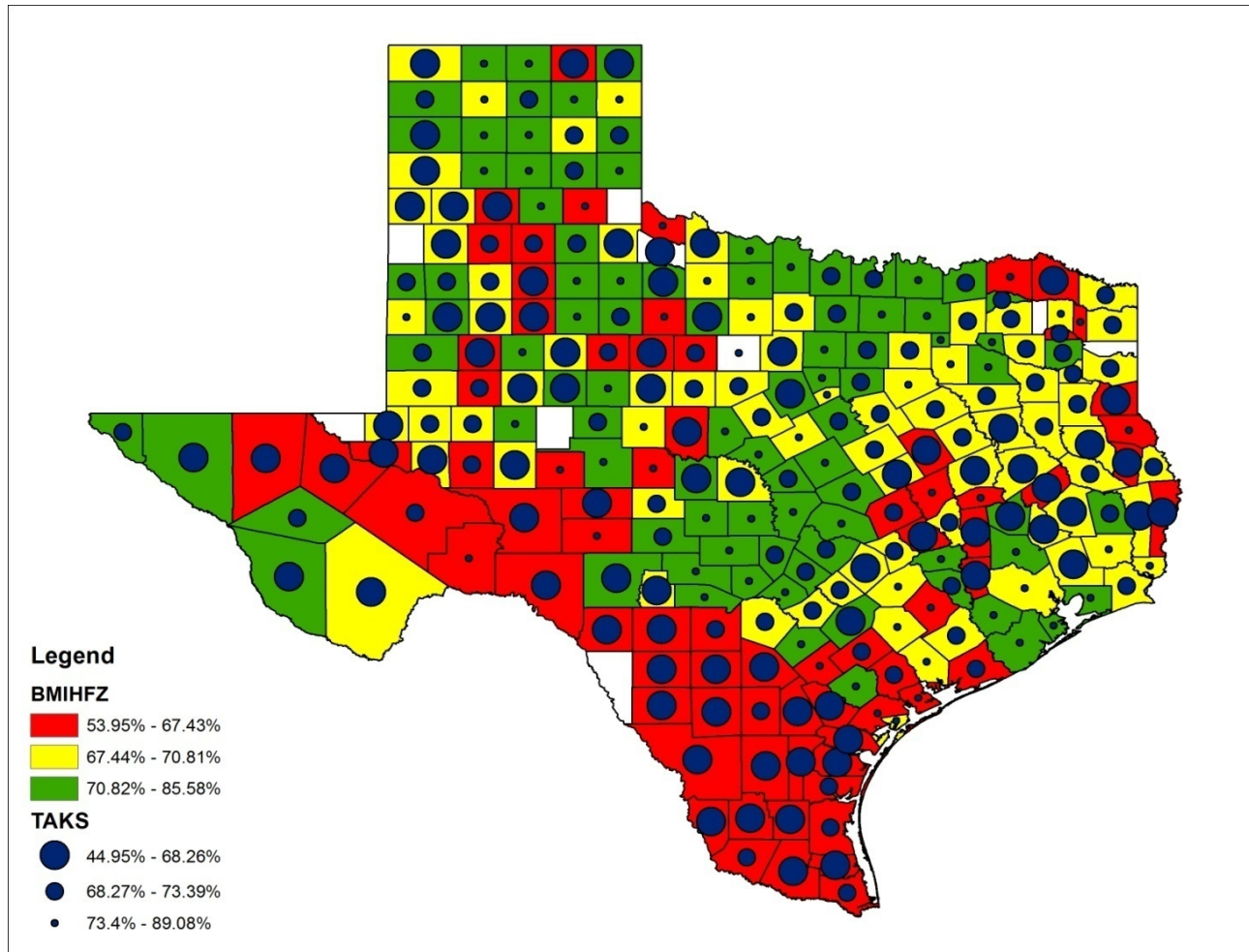
CV Fitness Corresponds with Academic Performance when Schools Stratified by State Rating System



School Ratings

Texas Youth Fitness Study

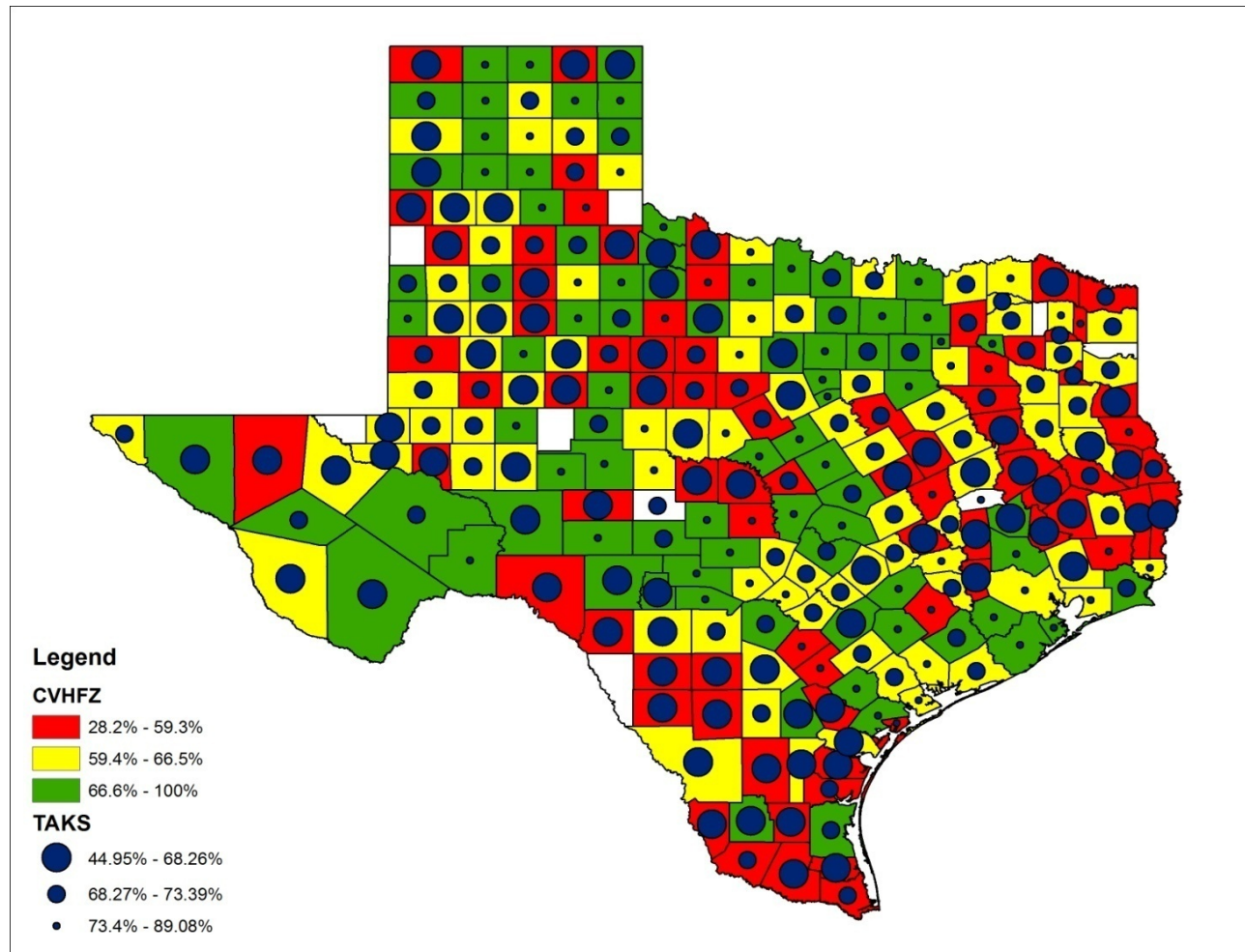
Distribution of BMI Achievement AND TAKS Achievement by County



Counties with low or high levels of achievement in BMI also tended to have corresponding low or high levels of achievement on TAKS.

Causality can't be assumed but associations are apparent.

Distribution of CV Fitness AND TAKS Achievement by County



Counties with low or high levels of achievement in CV fitness also tended to have corresponding low or high levels of achievement on TAKS.

Causality can't be assumed but associations are apparent.

Summary of Texas Youth Fitness Study

Initial Results

- ❖ Significant associations were consistently found between physical fitness and various indicators of academic achievement.
- ❖ The results were controlled for the influence due to school social economic status, minority status and school size.
- ❖ The consistent relationships observed support the thesis that physical fitness is associated with academic achievement in school aged youth. These are cross-sectional results and cannot be used to infer causality.