

* When **physical education time** was increased to one-third of the school day, academic scores went up (*Martens 1982*)

* Schools that offer **intense physical activity programs** have seen positive effects on academic performance and achievement (e.g., improved mathematics, reading, and writing test scores, less disruptive behavior), even when the added physical activity time takes away from class time for academics.¹ *Symons, CW. Bridging Student Health Risks and Academic Achievement through Comprehensive School health Programs. Journal of School Health. August 1997;224.*

* A recent study found that California schools with high percentages of students not regularly engaging in physical activity and healthy eating habits had smaller gains in test scores than other schools.¹ *Hanson, TL and Austin, GA (2003). Are Student health Risks and Low resilience Assets an Impediment to the Academic Progress of Schools? (California Healthy Kids Survey Factsheet 3). Los Alamitos, CA: WestEd.*
