



Promoting Physical Activity in Schools

Every child needs to engage in at least one hour of physical activity every day. Regular physical activity helps kids stay focused in and out of school and protects both kids and adults from developing heart disease, diabetes, high blood pressure, stroke, and osteoporosis. Improving physical activity environments in schools, afterschool programs, and communities are critical ways to help kids be more physically active.

Scan the QR codes to explore resources to promote more physically active school environments →



Get the Facts:
Movement Breaks in the
Classroom Grades K-5
Fact Sheet

hsph.me/choices-pa-facts



Boston, MA:
Movement Breaks in the
Classroom
Research Brief

hsph.me/choices-bos-mb-brief



Strategy Profiles:
Promoting Physical
Activity in Schools
Tools

hsph.me/choices-pa-prof



Strategy Reports:
Promoting Physical
Activity in Schools
Reports

hsph.me/choices-pa-rep



Eat Well & Keep Moving
An Interdisciplinary
Elementary Curriculum
for Nutrition & Physical
Activity

hsph.me/hprc-ewkm



Planet Health
An Interdisciplinary
Curriculum for Teaching
Middle School Nutrition &
Physical Activity

hsph.me/hprc-ph



SCHOOL OF PUBLIC HEALTH
Prevention Research Center
on Nutrition and Physical Activity

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