

The Brain-Changing Benefits of Physical Activity for Kids



What's the most transformative thing that you can do for your child's health TODAY?

HELP THEM MOVE MORE!

For decades, we've known that physical activity improves heart health, helps maintain healthy body weights and builds strong bones and muscles in kids.

Now, we know that it can positively affect children's brains as it relates to thinking, learning, and mental health.



Busy Bodies = Bigger Brains

Getting physically active can boost kids' and teens' memory, including children with brain-based disabilities (e.g., ADHD, autism spectrum disorder, cerebral palsy). Evidence shows that kids who are more active have larger regions of the brain that are linked to memory.



↑ Movement = ↓ Anxiety

Evidence suggests that physical activity may decrease feelings of anxiety.



Breaking A Sweat Releases Happy Hormones ∴ Kids Who Move Feel Great!

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↑ Active Bodies = ↑ Innovative Ideas

Active kids are better equipped to get creative. They are better able to think quickly on their feet, strategize, solve a math problem or act as team leaders.



↑ Movement = ↓ Stress

Physical activity is an effective tool in alleviating social and academic stress in kids and teens. It also allows them to be more resilient as they appear to recover from stressful situations better.



Zooming Around Helps Them Zoom In!

Kids who participate in physical activity have longer attention spans and are more focused, compared to their less active peers.



Moving > Cramming

Students who are active before a test show stronger brain function than those who are less active.



↑ Movement = ↑ Self-esteem

Social media plays a major role in self-esteem for kids and teens. Getting active in real-world situations can be a protective tool to bolster kids' self-esteem, confidence and self-worth.

**THE SCIENCE IS IN.
Kids + Steps + Sweat =
Healthier Brains.**

⇒ **LEARN** how physical activity can help your child reach their mental, emotional and intellectual potential.

READ the 2020 ParticipACTION Report Card on Physical Activity for Children and Youth.

