Regular physical activity in childhood and adolescence is important for promoting lifelong health and well-being and preventing a variety of health conditions. Schools are in a unique position, regardless of learning mode, to help students attain the recommended 60 minutes of moderate-to-vigorous physical activity daily.

A Comprehensive School Physical Activity Program (CSPAP) can increase physical activity opportunities before, during, and after school.

**Increasing youth physical activity:**

**Before and After School**
- Walking or biking to and from school
- Intramural sports and clubs
- Extended day programs

**In Physical Education**
- Standards-based curricula
- Motor skills development
- Physical fitness

**During School**
- Classroom physical activity breaks
- Active lessons
- Daily recess

**Through Staff Involvement**
- Role models for wellness
- Classroom participation
- Professional development programs

**With Community Engagement**
- Shared use of recreational facilities
- Opportunities for physical activity when school is out of session
- Environments for safe travel to and from school

**Benefits everyone:**

**The Students**
- Improved attention*
- Better mood and memory*
- Improved bone health
- Healthier weight
- Better heart health
- Lower risk of depression
- Better grades

**The Teachers**
- More students on task*
- Improved classroom behaviors*
- Students getting better grades
- Fewer absences

**The Community**
- Lower health care costs
- Expanded school partnerships
- More access to activity-friendly spaces

*Immediate benefit from a single physical activity session

To learn more, visit: https://www.cdc.gov/healthyschools/physicalactivity