

# THE MORE THEY BURN THE BETTER THEY LEARN



YOUR  
CHILD

AMOUNT OF  
ACTIVITY

VARIOUS  
ACTIVITIES

ACADEMIC  
ACHIEVEMENT

**Did you know that kids who are physically active get better grades?**

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



FOR MORE INFORMATION, VISIT  
[MakingHealthEasier.org/BurnToLearn](http://MakingHealthEasier.org/BurnToLearn)

SOURCES |

CDC. Physical Inactivity and Unhealthy Dietary Behaviors and Academic Achievement.

CDC. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. DHHS; 2010.