Physical activity:
good for the heart,
the head and the soul.

Make your vision of a
healthy school into a reality.

They will follow
your **lead.**

You win as a principal – and your staff and students win – because physical activity can:

- Increase self-esteem and capacity for learning.
- Help kids handle stress.
- Build and maintain healthy bones, muscles and joints.
- Help control weight.

Weave physical
activity
into your
school's
very essence.

U.S. Department of Health and Human Services

CDC FOUNDATION

MetLife Foundation

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To print or order additional copies of this free brochure, or similar brochures for principals and parents, go to http://www.cdc.gov/HealthyYouth/PhysicalActivity or call (888) 231-6405.

Lead them toward
success.

Making parents part of the plan.

Many hands make light work. Ask the parent-teacher association (PTA) to help you make regular physical activity a reality.

- Sponsor physically active family events such as a square dance, Saturday-morning fun walk/run or a kite-flying festival.
- Help supervise after-school physical activity programs so that more students can participate.
- Organize a summer camp fair at school in the spring. Invite local day and overnight camps to exhibit and talk with families about camp activities.
- Conduct a fundraiser to purchase new sports equipment or a donation drive for gently used equipment from families, fitness clubs and recreation centers.
- Build or renovate a playground, outdoor track or fitness trail on school property.
- Coordinate an effort to get more students walking or biking to school. Use the Kids-Walk-to-School Guide as a starter kit; go to http://www.cdc.gov/nccdphp/dnpa/kidswalk.
- Get more ideas about making physical activity a regular part of family life from a free parent's brochure at http://www.cdc.gov/HealthyYouth/PhysicalActivity.

Get kids moving in the right direction.

Principals for a physically active school.

Educating children is a big, yet wonderful, responsibility. Developing active, fit, and healthy students requires the integration of physical activity into every aspect of school life.

- Ensure that your students develop the skills to be physically active. Provide them with quality physical education taught by a physical education specialist.
- Make physical education an integral part of back-to-school night and parent-teacher conferences.
- Get students and staff going each day with physical activity during morning announcements.
- Schedule recess into each elementary school day.
- Use physical activity (such as extra recess) as part of a rewards program.
- Announce a school-wide poster or essay contest about the importance of being physically active. Display the posters and read essay snippets during announcements.
- Plan assemblies that excite students into moving. Invite local sports heroes to tell their stories, police officers to talk about bicycle safety, and area clubs to demonstrate lesser-known sports.

Teachers are the link to success.

- Encourage teachers to integrate physical activity into lessons, homework and special projects. They can get specific ideas from a free teacher's brochure at http://www.cdc.gov/HealthyYouth/PhysicalActivity.
- Allow physical activity breaks in the classroom. Offer to lead activity breaks in different classrooms throughout the year.
- Provide teachers with incentives to sponsor an after-school physical activity club such as intramural basketball or a jump rope team.
- Ask your physical education teacher to serve as the school's physical activity coordinator. Encourage him/her to provide the staff and PTA with ideas and resources for integrating physical activity into the school environment.
- Take an active interest in the health of your staff. Hold walk-and-talk meetings. Utilize team-building activities that incorporate physical activity. Implement a staff wellness program and participate in it yourself.