**RECOMMENDATION:**
Students should do 60 minutes (1 hour) or more of physical activity daily.

**REALITY:**
Many students are not getting opportunities to be active.

- Over half of all schools have 10% or less of their students walking or biking to and from school.

- Only 45% of all schools provide opportunities for students to participate in classroom physical activity breaks.

- Less than 4% of schools require daily physical education.

- Only 55% of all schools offer opportunities for students to participate in physical activity clubs or intramural sports programs.

*Source: School Health Policies and Practices Study 2014*