**Today’s Lesson:** Healthy Students are Better Students

Healthy Eating + Physical Activity = Improved Academic Performance

Students who eat breakfast have better attention and memory.

**Good job!**

Only 38% of all teens eat breakfast every day.

**Needs improvement**

After just 20 minutes of physical activity, brain activity improves.

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Only 25% of high school students are active for the recommended 60 minutes each day.

**What is the right answer?**

- **Schools:** Kids spend 2000 hours every year in school, which makes that the smart place to encourage kids to eat right and get moving.

- **Wellness Programs:** Programs like Fuel Up to Play 60 empower students to take actions like starting breakfast programs and walking clubs. Community leaders, businesspeople and health professionals can also assist schools in providing opportunities.

**Extra credit:**

- Read *The Wellness Impact: Enhancing Academic Success Through Healthy School Environments* at NationalDairyCouncil.org
- Learn more about how Fuel Up to Play 60 is helping schools to take action at FuelUpToPlay60.com