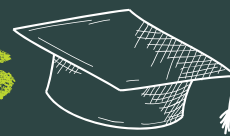


Today's Lesson: **Healthy Students are Better Students**



Healthy Eating + Physical Activity = Improved Academic Performance



Students who eat **breakfast** have **better attention and memory**.



Only

38%

of all teens eat breakfast every day.

Good job!

Needs improvement



After just

20 minutes of physical activity, brain activity improves.



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