

Our bodies need movement, and our brains do too

At our school, we know that our bodies, and our minds, need physical activity to be at their best.

↑ Bigger Brains

↑ Increased Creativity

↓ Lowered Anxiety

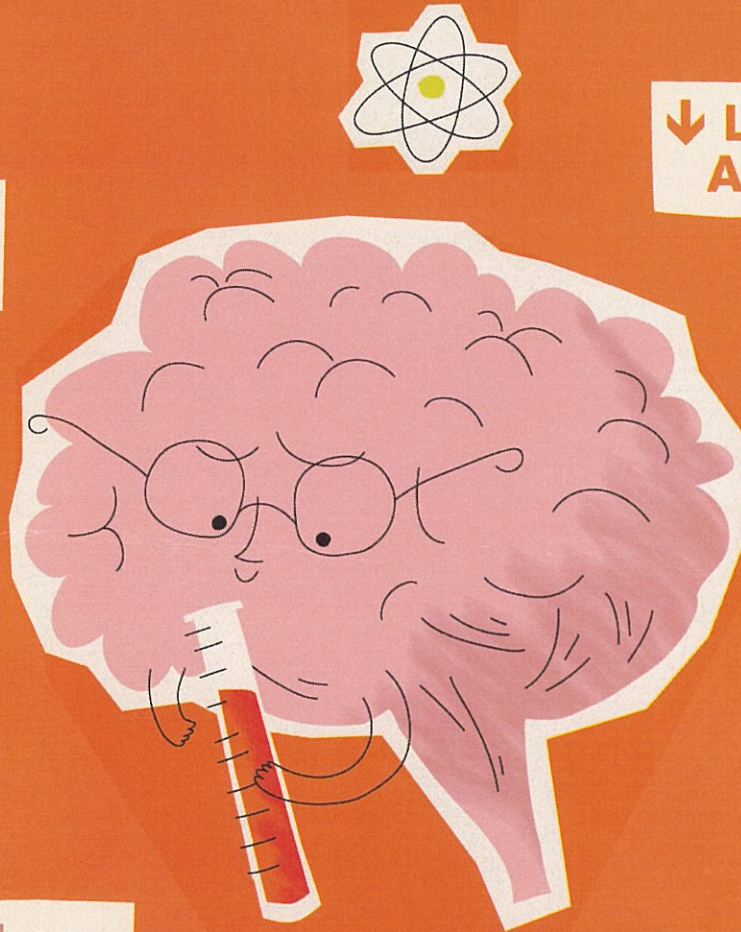
↓ Lowered Stress

↑ Increased Happiness

↑ Higher Self-Esteem

↑ Better Focus

↑ Longer Attention Spans



Boosting kids' **physical activity** levels could be the missing part of the equation to support **brain health**.

Children have a right to be active. At our school, we commit to incorporating movement into our daily schedule to support our mental and physical well-being, helping us excel in the **classroom**, **on the field**, and **with our friends**.

Learn more about the brain + body equation at participACTION.com/reportcard

GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.