



Physical Activity

Regular physical activity is key in improving overall health. Among the benefits, students who are active do better in school.

What to do

Encourage kids to be active

- National guidelines recommend students ages 6 through 17 get 60 minutes or more of moderate to vigorous activity every day.

Support physical activity to, from, and at your school

- The Statewide Health Improvement Partnership (SHIP) collaborates with schools to help get students moving more. If you work at a school, contact your local public health office to connect with SHIP staff.
- If you are a parent, ask your school how they are creating opportunities for students to be more active and providing safe places for them to walk and bike. Ask if you can serve on a school wellness committee.

