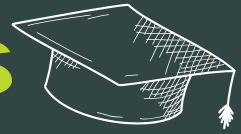


Today's Lesson: Healthy Students are Better Students



Healthy Eating + Physical Activity = Improved Academic Performance



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



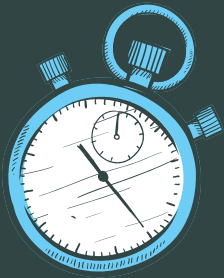
Only

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