



What is the **POWER UP FOR 30** Statewide Initiative?

The Georgia Department of Education and the Georgia Department of Public Health have joined forces to create an initiative for elementary schools capitalizing on the research connecting physical activity and fitness with academic performance. The Power Up for 30 initiative provides elementary schools with the training, resources, and support necessary for integrating more physical activity into the school day at little to no cost.

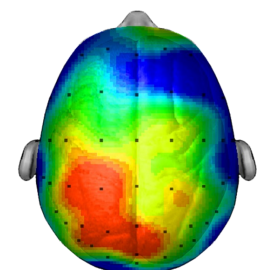
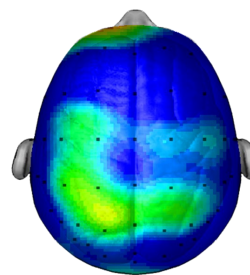
Why Should Schools Participate?

Children who are more active in school are more **alert, attentive**, and have **better classroom behavior**. They also tend to have higher grades and test scores than their less active peers. Incorporating just **30 MINUTES** (or more!) of physical activity into the daily school routine can enhance learning. (Kahn et al, 2000)

Average Composite of 20 Students Taking Same Test

Brain after sitting quietly

Brain after 20 minute walk



Research/scan Dr. Chuck Hillman University of Illinois

How Do Your Schools Get Involved?

Encourage them to complete the **Power Up for 30** online survey

- ◆ All elementary school principals have received the survey link
- ◆ Completing the survey is their ticket to next steps in the initiative

What Will Your Schools Get?



• **MOVE** Your Body • **SHAPE** Your Mind •

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