



SCHOOL DAYS

## Fit kids may get **BETTER GRADES**

Your kids may do better in school if they exercise. Physical fitness in childhood and adolescence appears to play a key role in brain health and academic performance.

Cardiorespiratory capacity, muscular strength, and motor ability have all been shown to affect health. Each of those components may have different effects on the brain, and therefore on academic performance. A recent study determined that kids who had lower levels of cardiorespiratory capacity and motor ability had lower grades. Muscular strength was not independently linked to academic performance.

SOURCE "Improving Academic Performance with Physical Fitness," Elsevier Health Services, 6/19/14