



Brain Booster Program

Getting kids to be more active in the classroom!

WEEK 3

The Research shows:

Exercise impacts mental agility in many ways. Exercise helps:

- Increase blood flow to the brain
- Encourages new brain-cell growth
- Improves focus as the body releases excess energy
- Enhances memory and concentration

<http://www.brainrules.net/exercise>



Activity of the Week

Dance, Dance, Dance!

Dancing is an activity you can do at anytime with limited space. Find some kid-friendly music and tell your students to hit the dance floor. It's can be teach them organized dances like the Chicken Dance, Hokey Pokey, and Macarena.



Importance of Physical Activity

The economical impact of overweight and obesity is profound.

- In 2000, the U.S. paid about \$117 billion for obesity and its healthcare costs.
- Based on national estimates, the overall financial burden of obesity in Minnesota, in 2003, was \$1.3 billion.



One of the best strategies for reducing childhood obesity is to increase physical activity!

Connecting with Academics

Body ABC's

Looking for a way to get your students moving while practicing their spelling or alphabet?

Try having them spell their words or make their letters using their bodies. Pair them up or put them in groups and tell them each person has to be part of the word. To make it move faster give them just 20 seconds to spell the word you shout out. You can modify by having them stand in place or lay on the floor. You can modify this activity depending on the age or your students and space.

More Links

Instant Recess

If this 10 minute video is too long there are hundreds of short kid-focused exercise clips on You-Tube.

<http://www.youtube.com/watch?v=CHiwiTZtl7Q>

http://www.toniyancey.com/IR_Book.html

60
GOT YOURS?
30

*Kids need 60 active minutes a day while adults need 30 to **prevent** disease and **promote** health!*

Sponsored by Active Living La Crescent in partnership with the Coulee Region Obesity Coalition.

