**THE INITIATIVE:** Research confirms the clear connection between health, learning, and attendance. In support of this, State Superintendent of Public Instruction Tom Torlakson has initiated Team California for Healthy Kids (TCHK) to promote healthy eating and physical activity throughout the day, every day, in schools, before and after school programs, early childhood programs, and communities. The campaign will focus on making healthy choices the easy choices.

A major campaign goal is to increase physical activity, especially moderate-to-vigorous physical activity (MVPA) throughout the day, every day, in schools, and communities.

**WHY PHYSICAL ACTIVITY?**

Research supports the importance of regular physical activity (PA) in:

- preventing obesity and reducing diabetes, heart disease, high blood pressure, and other chronic diseases.
- improving brain development, academic performance, attentiveness, concentration, and social emotional wellness.

**MAKE IT HAPPEN!**

Everyone, whether children, family members, school administrators, or local advocates, can play a role in helping children and youths be more physically active.

**Schools and After School Programs:**

- Provide physical activity breaks for students and staff when seat time exceeds one hour. This is in addition to recess and physical education classes.
- Integrate physical activity into traditional classroom subjects.
- Offer physical activity at or near the beginning of the after school session.
- Work with communities to implement walk/bike-to-school programs.
- Maintain and support quality physical education programs. These will build essential skills, knowledge, and physical fitness so that students will be active for life.
- Support training and professional development for those who teach physical education and after school staff.
- Ensure that physical education and physical activity are incorporated in the school wellness policy.
Physical Activity

Active Families:
• Model physical activity habits for children by staying physically active yourself.
• Decrease kids’ sedentary time (e.g., watching television, texting, playing video games, or using the computer for recreational purposes).
• Schedule regular times for the family to do fun physical activities together such as biking, hiking, and swimming.
• Participate in more vigorous physical activity.
• Get kids active by moving to music, climbing on playground equipment, playing interactive games and other large motor play.

Active Communities:
• Work with schools, park and recreation districts, political and business leaders, and community-based organizations to create or enhance expanded day and after school programs that incorporate physical activity.
• Provide and maintain safe parks, playgrounds, and bike paths that give families opportunities to walk, run, bike, play, and engage in other recreational activities.

Active Early Childhood Programs:
• Provide an inviting environment and frequent opportunities for daily vigorous age-appropriate physical activities and play, indoors and outside.
• Provide 10 minute bursts of moderate-to-vigorous physical activity when seat time exceeds 30 minutes.
• Integrate physical movement into planned learning activities.
• Remember that infants can also be physically active. Supervised tummy time is the opportunity to explore, build strength and increase body awareness.

Resources
• Physical activity breaks
  • Instant Recess Activity Library
  • JAMmin’ Minutes
  • Active Play
  • Energizers: Classroom based Physical Activity Breaks for Elementary Schools
  • Energizers: Classroom based Physical Activity Breaks for Middle Schools
• Integrating Physical Activity into the Complete School Day
• Walk and Bike to School
  • http://www.caactivecommunities.org/w2s
  • http://www.walkingschoolbus.org
• California After School Physical Activity Guidelines
• Active Play in Child Care
• California State Parks
• Team California for Healthy Kids

Revised October 6, 2011