

Benefits of physical activity for kids

Academic Performance

Improves attention and memory.

Brain Health

Reduces risk of depression and anxiety.

Muscular Fitness

Builds endurance and strong muscles.

Lung and Heart Health

Improves blood pressure and aerobic fitness.

Cardiometabolic Health

Maintains blood sugar levels.

Long-term health

Reduces risk of diabetes and obesity.

Bone Strength

Strengthens bones.

Healthy Weight

Regulates body weight.

