



# TAKE 10!<sup>®</sup>

## GETTING KIDS ACTIVE 10 MINUTES AT A TIME

A Program of the ILSI Research Foundation

### WHY TAKE 10!<sup>®</sup>?

Obesity is the #1 health condition facing America's youth. Over the past 3 decades, the number of overweight youth has tripled. Today's children are spending record amounts of time sitting down. Fewer children walk to school, have P.E. and recess, or are physically active after school. This type of sedentary lifestyle upsets the energy balance - the balance between calories eaten and calories expended - that determines body weight.

### WHAT IS TAKE 10!?

TAKE 10! is an evidence-based program that promotes physical activity and academic achievement in elementary school classrooms.

Highlights include:

- was developed with teachers,
- targets students and teachers in grades K to 5,
- uses age-appropriate movement,
- integrates grade-specific learning concepts,
- is a cost-effective tool,
- appeals to students with different learning styles, and
- educates regarding positive health behaviors.

Through the integration of physical activity and nutrition with core academic content, TAKE 10! promotes physical activity and learning in a fun, safe, and creative way.



### WHO?

TAKE 10! is designed for use by elementary school teachers with children in kindergarten through 5th grades. The materials feature the TAKE 10! Crew - a group of 5 diverse children designed and named with input from 3rd and 4th grade students.



### Each TAKE 10! kit includes:

- 35+ activity cards
- Worksheets designed to reinforce learning objectives presented in activity cards
- 3 tracking posters with stickers to track activities and reward students
- Teacher resources to enhance implementation
- Student health knowledge assessments and teacher program evaluation

*Since 2002, TAKE 10! has been disseminated to more than 40,000 classrooms reaching an estimated 1,000,000 children in 47 states.*

## TAKE 10!<sup>®</sup> OUTCOMES & BENEFITS

- Teachers say it is "easy to use" once each day without disrupting their normal routines. (*Lloyd LK, et. al. TAHPERD Journal, 2005;8-11.*)
- TAKE 10! increases attraction to physical activity among young children, particularly girls, and this helps promote activity across the lifespan. (*Barry MJ, MSSE, 2002 & 2003*)
- Following TAKE 10! activities, off-task and inattentive behavior of students was reduced by over 20% suggesting that the segment had a positive effect on students' behavior, and perhaps on readiness to learn. (*Kibbe DL, et al., Preventive Medicine. In Press.*)
- TAKE 10! students improved math scores when physical activity increased<sup>1</sup> and both reading and math scores improved for poorly adapting students<sup>2</sup>. (*1. Murray, et. al. APHA, 10/29/08, San Diego, CA. 2. Murray, et. al. ACSM, 5/30/08, Indianapolis, IN.*)
- One session each day burns enough calories to prevent 1-3 pounds of excess weight gain during the school year. (*Stewart, JA, et. al. Journal of School Health, 2004;74;397-400.*)



### What TAKE 10! users have to say about the program...

" TAKE 10 has been great for my students. It's fun, they move and they learn."

LuAnn Drum, 1st Grade Teacher, GA

" You get to get up, move around, and it helps me keep all those verbs in my head" Austin, 4th Grader, TN

"It is fabulous...thank you for bringing it to us.

Danielle Richardson, 1st Grade Teacher, TN

"It was teacher-friendly and the students loved it! Now that my teachers are using it, not only has it helped THEM be more active but has made a difference in student behavior and meets the need of different learning styles in the classroom."

Brenda Shackelford, Principal, NC

### The TAKE 10! program has several unique strengths:

- It promotes physical activity and reduces sedentary behavior, two key aspects of obesity prevention.
- The program's design "fits" in the existing school structure and its format was designed with teacher feedback over 10 years.
- Curriculum integration is a popular learning method, but few programs link academic content with structured activity and health concepts.
- It adds fun and excitement to the learning environment.
- Teachers perceive the materials to be flexible, adaptable, time efficient.
- Program content is evaluated for utility, functionality, efficacy, and acceptability.

