

Did You Know . . . ?

- Physically fit children are better able to concentrate and focus on schoolwork.
- Children should participate in 60 minutes of moderate-to-vigorous physical activity on all or most days of the week.
- The percentage of overweight children in the United States and other countries has doubled in the last 30 years.
- Classroom teachers play a vital role in the promotion of physical activity and other healthy behaviors in children.

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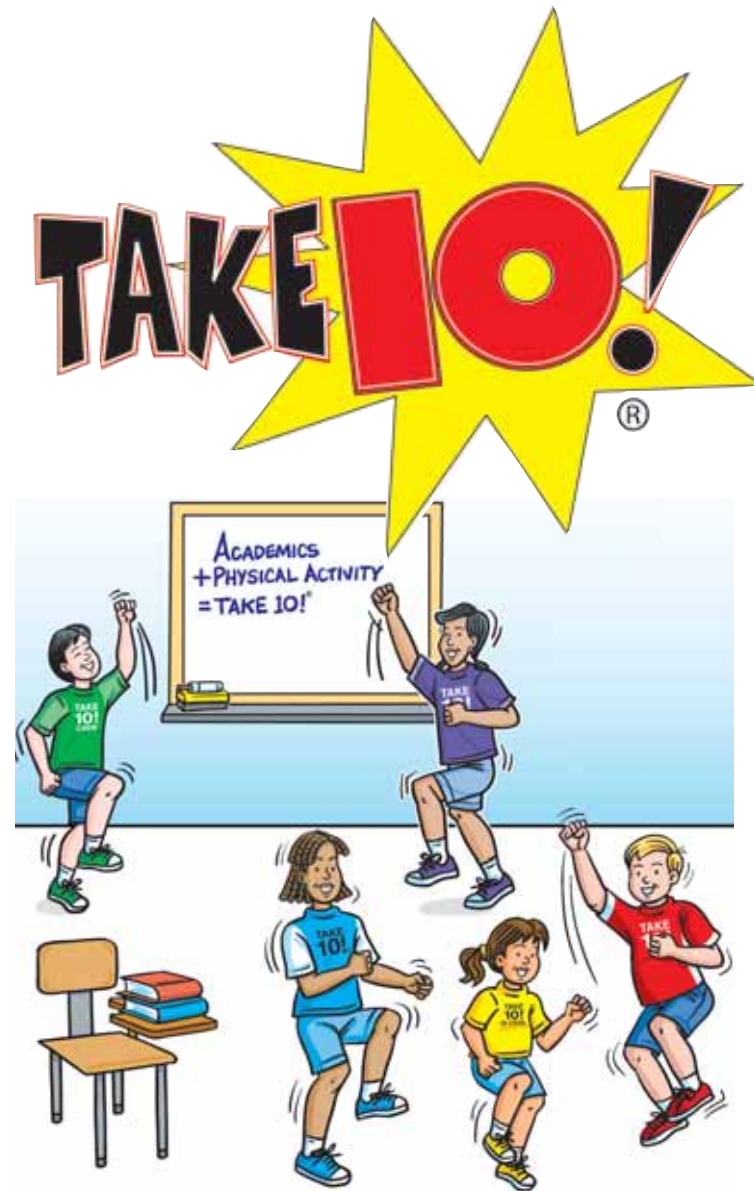


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A Program of the
ILSI Research Foundation



Getting kids active
10 minutes at a time!TM

Physical Activity + Academics =



Each TAKE 10!® materials kit includes:

- Activity cards
- Worksheets
- 3 Tracking poster with stickers
- Teacher resources
- Student and teacher assessments

TAKE 10!® is:

- 10-minute periods of physical activity
- Integrated with academic lessons
- Grade/age appropriate
- Designed for use in the elementary classroom
- Created by teachers



Kindergarten to 5th grade materials available.



TAKE 10!® benefits teachers and students:

- Reinforces curriculum concepts
- Addresses multiple learning styles
- Innovative teaching tool
- Follows recommendations for effective teaching
- Fun and age-appropriate physical activity
- Provides opportunities to de-stress and re-energize
- Communicates positive nutrition messages
- Makes learning FUN!

To view sample activities visit our website at:

www.take10.net

Click on the "What is TAKE 10!®?" button.