Today's Lesson: **Healthy Students are Better Students**

Healthy Eating + Physical Activity = Improved Academic Performance

- **Students who eat breakfast** have better attention and memory.
- **Only 38%** of all teens eat breakfast every day.

- **Good job!** After just 20 minutes of physical activity, brain activity improves.
- **Needs improvement**

**What is the right answer?**

- **Schools:** Kids spend **2000 hours** every year in school, which makes that the smart place to encourage kids to eat right and get moving.

- **Wellness Programs:** Programs like **Fuel Up to Play 60** empower students to take actions like starting breakfast programs and walking clubs. Community leaders, businesspeople and health professionals can also assist schools in providing opportunities.

**Extra credit:**

- Read *The Wellness Impact: Enhancing Academic Success Through Healthy School Environments* at NationalDairyCouncil.org
- Learn more about how **Fuel Up To Play 60** is helping schools to take action at FuelUpToPlay60.com

*Brought to you by:* OREGON DAIRY AND NUTRITION COUNCIL
