

# FIRSTARETE<sup>SM</sup>

## Physical Activity and Wellness: The Body-Brain Foundation of Academic Achievement

Smart Kids • Healthy Kids • Happy Kids

### THE CURRENT SITUATION

- ✓ An educational myth: Having students spend time being physically active in school reduces academic achievement.
- ✓ While well-intentioned, most educators and their institutions nevertheless mistakenly believe this myth and only provide physical activity on a limited basis at their schools.
- ✓ Millions of years of evolution, the human genome, and an overwhelming body of research show that the more physically active students are the better their academic performance, health, and social-emotional behavior.

### WHAT YOU CAN DO

- ✓ Honor the evolutionary, genetic makeup of your students.
- ✓ Begin the process of integrating physical activity and wellness into all aspects of your students' learning experience.
- ✓ Follow the science and improve your students' academic performance, health, and social-emotional behavior.

Bring the **FIRSTARETE** Program to Your School!



Smart Kids



Healthy Kids



Happy Kids



Happy Teachers



Happy Parents

- Grounded in Science
- Research-Based
- A Proven Track Record
- Integrated Curriculum
- Learner-Centered
- Truly Whole Child



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