ACTIVE CHILDREN
physical activity in rural oregon elementary schools

PHYSICAL ACTIVITY RECOMMENDATION FOR CHILDREN

60 minutes or more
daily physical activity at moderate to vigorous intensity

HEALTH STATUS OF RURAL OREGON CHILDREN

3 in 5
children currently at a weight healthy for their age

20 minutes
average amount of moderate to vigorous physical activity performed during the school day

ACTIVE CHILDREN DO BETTER

more likely to graduate from higher education
better school attendance

WE CAN HELP CHILDREN DO BETTER

kids should have opportunities to move and play during recess and throughout the school day
try quick and easy BEPA Toolkit activities to keep kids moving in school and at home

REFERENCES + RESOURCES + MORE INFORMATION... EXTENSION.OREGONSTATE.EDU/GROWHKC

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