

Fairfax County School Health Promotion January Tips of the Week for Middle School

60 Minutes of Activity for Better Focus!



Start each tip with this dialogue: “Welcome to you Healthy Tip of the Week!”

Week 1:

Did you know that you need to be active 60 minutes a day, at least 5 days a week? As an alternative, you can count your daily activity steps using a pedometer (girls’ goal: 11,000 steps; boys’ goal: 13,000 steps).

Tune in next week for another Healthy Tip of the Week!

Week 2:

Students who are physically active are better able to focus, have improved problem solving skills and memory/retention.

60 minutes of daily exercise will improve your brain activity **and** increase your test scores leading to better academic success!

Tune in next week for another Healthy Tip of the Week!

Week 3:

We know we need 60 minutes of exercise but how do we find the time? Fit your fitness activities into 10-15 minute bursts that work for your schedule.

Tune in next week for another Healthy Tip of the Week!

Week 4:

Physically active students are more focused. 60 seconds of exercise at the start of every hour will give students 60 minutes of focus.

Tune in next week for another Healthy Tip of the Week!

