



HEALTHIER, SMARTER, HAPPIER KIDS!

## PHYSICAL ACTIVITY – THE ‘MIRACLE DRUG’ – 12 HUGE BENEFITS

THE RESEARCH FOR EACH OF THESE BENEFITS

[THEMIRACLEDRUG.ORG](http://THEMIRACLEDRUG.ORG)

### 1. REDUCE OBESITY

a. [Harvard Research](#)

- Physical activity increases people’s total energy expenditure, which can help them stay in energy balance or even lose weight, as long as they don’t eat more to compensate for the extra calories they burn.
- Physical activity decreases fat around the waist and total body fat, slowing the development of [abdominal obesity](#).

b. [CDC](#)

- 100’s of Calories Burned with moderate activity – 30 minutes

### 2. BETTER GRADES IN SCHOOL – WE HAVE OVER 15 INDEPENDENT RESEARCH PROJECTS

- [Journal of Physical Activity Research](#) - "More active kids perform better in reading, writing & mathematics"
- [University of Illinois](#) – “Physically Fit Kids Have Beefier Brains”
- [University of Illinois Urbana](#) – “How Exercise Can Boost Young Brains”
- [Dartmouth](#) – “12 Minutes of Exercise Improves Attention and Reading Comprehension”
- [Purdue University](#) – “Kids Working Out Get Better Grades”
- [Medical University of South Carolina](#) – “P.E. Actually Helps Academic Scores”
- [University of Hindenburg](#) – “More Physical Activity Improved School Performance”
- [Dundee University](#) – “Moderate To Vigorous Exercise Boosts Academic Performance”
- [Strathclyde University](#) – “Regular Exercise Improves Children’s Academic Results”
- [Pediatrics & Adolescence Medicine](#) – “Let Kids Play – They Do Better in School”
- [American Academy of Pediatrics](#) – “Quick Activity Breaks Reset Kids' Brains”
- [Society of Behavior Medicine](#) – “School-Based Physical Activity Improves Academics”
- [Elsevier](#) - "Higher Aerobic Fitness Is Associated With Improved Cognitive Functions"
- [Journal of Applied Measurement](#) - "Video Exercise Impacts Learning Process"
- [Literacy Planet](#) - "Positive Effects of Physical Activity on the Brain"
- [Northwestern College](#) - "Physical Activity to Help Students Perform Better in the Classroom"
- [CDC](#) - "The Association Between Physical Activity and Academic Performance"
- [David Lubans, University of Newcastle](#) - "Academic Performance was increased by quality-based PE"

### 3. REDUCES DIABETES, CANCER AND MORE

#### a. [CDC](#)

- If you have [diabetes](#), being active makes your body more sensitive to [insulin](#) (the hormone that allows cells in your body to use blood sugar for energy), which helps manage your diabetes. Physical activity also helps control blood sugar levels and lowers your risk of [heart disease](#) and [nerve damage](#).

#### b. [CANCER.org](#)

- **Physical activity can help regulate some hormones that contribute to the development of cancer and help keep the immune system healthy.**

### 4. STRENGTHENS BONES AND MUSCLES

#### a. [FITNESSKIDS.COM](#) & CDC

- **Children who exercise frequently have stronger bones and muscles than their peers who do not get as much exercise.** In fact, the Centers of Disease Control and Prevention recommend that children aged 6 to 17 engage in at least 60 minutes of moderate to intense physical activity each day.

#### b. [KINEDU.COM](#)

- Researchers from the University of Bristol in the UK studied the physical activity habits of 4,457 children, and found that habitual levels of physical activity not only kept excess fat tissue at bay, but directly influenced an increase in bone mass density. They also found that the timing of an exercising habit is crucial: a physical activity initiated before puberty showed to improve bone mass. Encouragingly, the benefits were sustained for more than six months after stopping the physical activity program.

### 5. PROTECTS FROM COVID

#### a. [BRITISH JOURNAL OF SPORTS MEDICINE](#)

- **Consistently meeting physical activity guidelines was strongly associated with a reduced risk for severe COVID-19 outcomes among infected adults.** We recommend efforts to promote physical activity be prioritised by public health agencies and incorporated into routine medical care.

#### b. [NATIONAL LIBRARY OF MEDICINE](#)

- Physical Activity Protects Against the Negative Impact of Coronavirus Fear on Adolescent Mental Health and Well-Being During the COVID-19 Pandemic

### 6. BOOSTS YOUR ENERGY

#### a. [MAYO CLINIC](#)

- Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

b. [EVERYDAYHEALTH.COM](http://EVERYDAYHEALTH.COM)

- Any exercise or physical activity that gets the heart rate up and the blood flowing and releases endorphins is going to raise your energy level.

## 7. PROTECTS NATIONAL SECURITY

a. [CDC](http://CDC)

- Physical inactivity affects our national security and military readiness.
- USA has relaxed physical fitness requirement
- Nearly 75% of all teens are not fit enough to serve

## 8. REDUCES THE CHANCE TO DO DRUGS OR SMOKE

a. [NCBI](http://NCBI)

- In summary, physical activity in adolescents, typically measured through sports team participation, is associated with reduced cigarette and illicit drug use but increased alcohol use.

b. [ATYOUROWNRIK.ORG](http://ATYOUROWNRIK.ORG)

- Teens who participate in team sports are less likely to use drugs, smoke cigarettes and carry weapons.

## 9. PROMOTES GENDER EQUALITY

a. [INC](http://INC)

- According to research conducted by Ernst & Young, there's one trait that is shared by a disproportionately high number of female executives. It's a trait that Meg Whitman, Indra Noovi, Marissa Mayer, and many other top female executives possess. These moguls are all former or current athletes.
- The research found that 94 percent of women who hold C-suite level positions are former athletes. What's more, 52 percent played sports at the collegiate level (compared to 39 percent of women at other managerial levels). There's an irrefutable correlation between athleticism and business success.
- ONLY 49% OF GIRLS PLAY SPORTS

## 10. MORE SUCCESSFUL CAREERS

a. [GLOBAL CHILD PRODIGY AWARDS](http://GLOBALCHILDPRODIGYAWARDS)

- Physically active kids are more likely to: gain to 40% higher test scores; have 15% more chances to go to college; get 7-8% higher annual earnings and be more productive at work

## 11. REDUCES HEALTHCARE COSTS – Physical Activity Prevents Healthcare costs

a. [NYTIMES](http://NYTIMES)

- People who start to exercise before or during middle age typically save from \$824 to \$1,874 annually on health care costs after retirement

b. [THE CONVERSATION](http://THECONVERSATION)

- Staying active throughout adulthood is linked to lower healthcare costs in later life – new research

## 12. LIVE LONGER AND ARE HAPPIER

### a. [Allina Health](#)

- Regular, moderate activities, such as brisk walking, have been associated with **increasing life expectancy by several years**. For example, 150 minutes of exercise or more each week increased life expectancy by about 7 years over those who didn't do regular moderate exercise.