

Physical Fitness for the Student

What are the benefits of exercise? Studies show that mental achievement and learning potential increase with fitness. Exercise burns calories and helps maintain weight. Children who participate in fitness programs increase personal and social skills. They learn about teamwork, dependability and competition.

How can parents promote physical fitness and exercise in their children? Participate in family activities: bike, hike, ski, swim, skate, walk. Encourage group participation in a sporting activity at school or through parks and recreation.

Help your child make a commitment for a healthy life.



Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.

www.co.oakland.mi.us/health

Source Oakland County Health Division