



A program that helps elementary students get up to 30 extra minutes of physical activity during the school day!

ABC for Fitness[™] is a simple, engaging no-cost physical activity program for elementary school students. The program uses brief "bursts" of physical activity spread over the course of the school day, enabling most children to accumulate 30 minutes or more of daily physical activity in the classroom. The goals of the program are to: (1) promote health and fitness; (2) enhance concentration and the behavioral environment in the classroom; and (3) help optimize academic performance.

ABC for Fitness[™] is designed to take the time that teachers typically spend getting restless students to settle down, or distracted students to concentrate – and convert this time into structured, productive bursts of physical activity. Since it fits into small intervals throughout the school day, it is intended to complement rather than replace time spent learning in the classroom. Ideally, the “activity bursts” will add up to at least 30 minutes of daily physical activity.

Each activity burst has three components: a warm-up, a core activity that increases breathing and heart rate, and a cool-down. Teachers can select different options for each warm-up, core activity, and cool-down. In addition, they can choose from a menu of options to apply the activity bursts to meet their classroom needs:

- Basic activity bursts to provide a break between classes, meet students' need to move periodically, and help them to channel their energy so they can refocus on learning.
- Advanced activity bursts that combine sets of movements into engaging classroom activities.
- Activity bursts of imagination that use creativity to move in the classroom.
- Activity bursts for learning and fitness that facilitate hands-on learning in language arts, social studies, music, math, science, and health classes.

By increasing physical activity in the school setting, this program can promote health and fitness, while contributing to efforts to combat the spread of childhood obesity, diabetes, and related health conditions.

This program was developed by David L. Katz, MD, MPH, FACPM, FACP, Director of the Yale-Griffin Prevention Research Center, with contributions from Marvin Christley, Physical Education Teacher in the New Haven Public Schools, and Jean Mee, EdD, Physical Education & School Health Consultant from the Connecticut Department of Education. The teacher's manual and teacher training presentations are available free of charge from the Programs and Materials section of the Yale-Griffin Prevention Research Center's website. See <http://www.yalegriffinprc.org/Programs-Resources/PRC-Programs-Resources>