



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

What is ABC for Fitness™?

ABC for Fitness™ is a school physical activity program for elementary school students. It helps take the time that teachers spend getting restless children to settle down, or distracted students to concentrate – and convert this into structured, productive bursts of supervised physical activity.

What is the mission of this program?

Our mission is to provide a fun, simple, engaging, no-cost, effective program that encourages physical activity in the classroom. By breaking physical activity into short sessions, ABC for Fitness™ enables most children to accumulate at least 30 minutes of physical activity each day. By increasing daily physical activity for children, ABC for Fitness can help promote health and fitness, while contributing to efforts to combat the spread of childhood obesity and diabetes, and related health conditions. ABC for Fitness increases physically active time during the school day without decreasing - and possibly even increasing! - the time dedicated to teaching.

Will ABC for Fitness™ take away from classroom learning time?

Research shows that school-based physical activity does not compromise children's academic performance students or standardized test scores, even if it takes away time from other academic subjects. By combining creative teaching techniques with structured activity bursts, ABC for Fitness™ can actually offer the opportunity to increase teaching time each day.

Is ABC for Fitness™ intended to replace physical education classes?

ABC for Fitness™ is designed to fit physical activity into small intervals throughout the school day. It is intended to supplement, rather than replace, physical education programs in schools. We encourage classroom and physical education teachers to collaborate in offering physical activity in their respective settings in ways that complement each other.

Which schools can benefit from ABC for Fitness™?

All schools can benefit from this program. Schools unable to make time for formal physical education classes can make time for ABC for Fitness.™ And since the program is available free of charge, schools unable to fund physical education programs can afford ABC for Fitness.™

Can ABC for Fitness™ be tailored to meet the needs of schools?

ABC for Fitness™ is designed to offer “activity bursts” performed for a few minutes at a time, adding up to a baseline level of 30 minutes of activity per day. For example, your school could choose to offer 5 sessions per day averaging about 6 minutes each. Activity bursts of slightly shorter or longer length, and slightly fewer or more in number, are perfectly acceptable variations on the theme and should be tailored to suit your needs.

Where can I find the ABC for Fitness™ program?

The program is available free of charge from the website of the Yale-Griffin Prevention Research Center, at <http://www.yalegriffinprc.org/Programs-Resources/PRC-Programs-Resources>