Get Out & Play an Hour a Day

Illinois youth are not meeting the daily physical activity recommendation.

Only 60.7% of high school students attend daily PE class. A typical 30 minute PE class only provides 11 minutes of physical activity.

6-17 year olds should participate in at least 60 minutes of physical activity per day.

Only about 2.5 out of 10 Illinois youth meet daily physical activity recommendations.

Why It Matters

Increased physical activity provides individual and classroom benefits.

Better Health
Better Behaviors
Better Learners

There are positive associations between physical fitness and standardized test scores.

What To Do

Encourage play at home, school, and in the community – keep it fun!

Reducing screen time including TV, computer games, and the internet

Talk to your school administrators about Pump Up PE and other school based physical activity programs

Encourage walking to school or start a walking group

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