**WEEK 4 • APRIL 15, 2020**

**CHILDHOOD PHYSICAL ACTIVITY & BRAIN**

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

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### Key Takeaways

**AEROBIC FITNESS AND BRAIN HEALTH**
- Higher aerobic fitness is beneficial for brain functioning in childhood

** PHYSICAL ACTIVITY AND ACADEMIC ACHIEVEMENT**
- Higher levels of sedentary time and lower levels of activity may impact academic skills

**SCHOOL RECESS AND COGNITIVE FUNCTION**
- School recess programs may help improve children's attention, particularly during the school day

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### AEROBIC ACTIVITIES

- Brisk Walk
- Bicycle Ride
- Running
- Hiking
- Swimming
- Baseball/Softball
- Jumprope
- Skiing
- Martial Arts
- Dancing
- Soccer
- Tennis

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### MUSCLE STRENGTHENING ACTIVITIES

- Tug-of-War
- Body Weight Exercises
- Resistance Exercises
- Rope or Tree Climbing
- Yoga
- Playing on Playground Equipment

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### BONE STRENGTHENING ACTIVITIES

- Hopping
- Skipping
- Jumping
- Jumping Rope
- Running
- Basketball
- Gymnastics
- Volleyball
- Tennis

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**Series Schedule**

- Intro to Nutrition & Brain Health  
  MARCH 4
- Early Life Nutrition & Brain Health  
  MARCH 18
- Childhood Nutrition  
  APRIL 1
- Physical Activity in Childhood  
  APRIL 15
- Nutrition & Wellness into Adulthood  
  APRIL 29
- Nutrition, Wellness, & Aging  
  MAY 13

To evaluate the course follow the QR code below.

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**NUTRITION, WELLNESS, & THE BRAIN**

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