

WEEK 4 · APRIL 15, 2020

# CHILDHOOD PHYSICAL ACTIVITY & BRAIN

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

## 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

#### AEROBIC ACTIVITIES

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

#### MUSCLE STRENGTHENING ACTIVITIES

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

#### BONE STRENGTHENING ACTIVITIES

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

## 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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