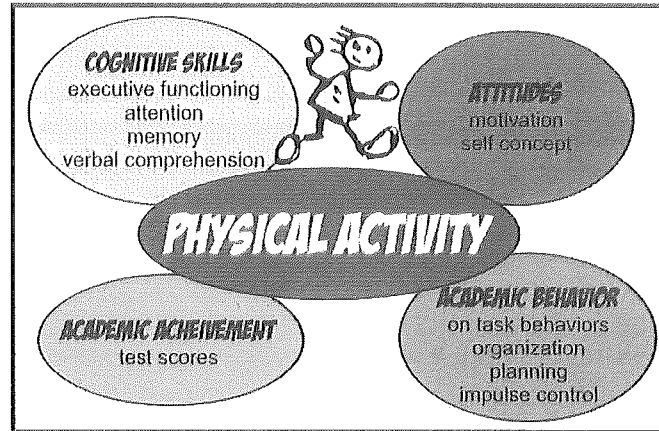


10 Benefits of Physical Activity for Children



Here are 10 benefits of physical activity for children:

10. Improves children's overall physical fitness
9. Practice motor skills
8. Encourages on task behavior and organization skills.
7. Improves self confidence
6. Encourages socialization when physically active with friends
5. Reduces obesity
4. Improves mood
3. Helps with self regulation
2. Encourages setting and achieving goals
1. **BRAIN BOOSTER!!!!!!!** The positive benefits of physical activity include cognitive skills (executive functioning, attention span, memory and verbal comprehension), higher academic test scores, motor planning and impulse control.