

## Fitness has a positive impact on children's learning.



A new study has found that children who were the most physically fit scored significantly higher than the less fit group in memory exercises.

“One of the biggest reasons children have difficulty learning is due to a lack of concentration in the classroom,” says Dr. Joshua Alpert, Orthopedic Surgeon on the Medical Staff at Advocate Sherman Hospital in Elgin. “Physical activity helps them to release some of that built-up energy and reduces the monotony of sitting in class so they can more easily concentrate.”

How can you include time for exercise and physical activity in all of your programs for children? How can you celebrate their bodies and help them learn that moving their bodies is an important part of their spiritual lives?

A critical part of helping kids be active is doing the activity alongside them. So as adults, we are not off the hook! Keeping our kids healthy can help us, too!

***Prayer:** We are grateful, God, for the miracle of our bodies. We can move, we can stretch, we can flex! May we pass on this joy in our bodies to our children so that they may be healthy, happy and whole. Amen.*

Wishing you joy and good health,  
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