

SAVE THE DATE

Incorporating just 30 minutes of physical activity into the school day can enhance learning.

Children who are more active in school are more **alert, attentive,** and have **better classroom behavior.** They also tend to have higher grades and test scores than their less active peers.

**To join the movement,
SIGN THE PLEDGE
today at
www.georgiashape.org**



When: Friday, September 1, 2017

Who is invited: All Georgia elementary schools

Where: In classrooms during the school day

How to participate:

Activities will be posted for teachers to use throughout the school day. Teachers can access the short energizers using this link: <http://goo.gl/IzLGhg>

Exciting energizer videos will be released at **7:00AM, 9:00AM, 11:00AM** and **1:00PM**

Want to win a Back to School Pack for your school?

Upload a photo/video to Twitter, Facebook, and/or Instagram of your classroom participating in Power Up for 30 Day to be entered to win a Back to School Pack for your entire school! Make sure your school name and district is included in the post along with the following:

@GeorgiaShape #GeorgiaShape #PU30Day