



Power Up for 30 builds on the research demonstrating a strong relationship between physical activity and brain function, which often translates into improved academic achievement, better classroom behavior, and reduced risk of depression.

Power Up for 30 empowers schools to create an additional 30 minutes of physical activity every day, for every student.

Why Should You Become a Power Up for 30 School?



Physical activity opportunities before, during and afterschool



Students' positive attitudes towards physical activity



Minutes students are active during school day



Number of discipline referrals

Power Up for 30 is more than professional development, resources and data collection. It is about culture change—creating an environment in which physical activity is supported and promoted in halls, classrooms, gymnasiums, cafeterias and outdoor spaces.

Sign Up for Power Up for 30 and receive:

- One day **free training** for school team (administrator, PE teacher, grade level classroom teachers), with **stipend or substitute reimbursement for attending!**
- **Incentives** for teachers and promotional materials for the whole school!
- **Resources** to implement physical activity opportunities.
- **Technical assistance** from Georgia Shape and HealthMPowers staff.

Interested in joining the movement?

Email Georgia.Shape@dph.ga.gov to sign up today!

