Introductions

- Name
- District
- Position
Let’s have FUN
Why is physical activity important?
Reduced risk of:
- heart disease
- hypertension
- diabetes
- high cholesterol
- orthopedic issues

Improved self esteem
body image socialization
Reduced depression anxiety

Improved attendance
behavior
cognitive function
test scores
academic performance
Prevalence\(^1\) of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

\(^1\) Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.
Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

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Prevalence\(^1\) of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

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Prevalence\(^1\) of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

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*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.
Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

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*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.
Prevalence\(^1\) of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2016

\(^1\) Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.
Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2017

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.*
Prevalence\(^1\) of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2018

\(^1\) Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.
Kit Contents K-2 and 3-5

- Activity Cards
- Number Flashcards
  - K-2 - 3 sets of 0-9 – dot cards/fruits and vegetables
  - 3-5 - 1 set 0-9, 1 set 10-90 and 1 set 100-900 - physical activity
- Spinner
- Movement Poster
- Math Symbol Cube
- Mind in Motion DVD I (K-2) Mind in Motion DVD II (3-5)
Mind in Motion

Jumping

Step forward and bend front knee no more than 90 degrees and extend opposite leg behind you with both feet pointing forward. Alternate.

Lunge

Eighty

Students’ Choice

Math
Activity
Learning
Fun

Mathivity MOVEMENTS

Program overview

The Mathivity program combines physical activity with math concepts to help students develop a better understanding of math in a fun and engaging way. Each activity is designed to reinforce a specific math skill while promoting physical fitness.

Activities include:

- Jumping: Students jump forward and bend their knees, extending their opposite leg behind them. They alternate legs.
- Lunge: Students lunge forward, bending one knee and extending the other behind them. They alternate sides.
- Eighty: Students count to eighty, emphasizing number recognition and counting skills.

Each activity is accompanied by an instructional card that explains the math concept and encourages students to think critically about the relationship between physical movement and mathematical thinking.

Mathivity MOVEMENTS

Take action today with Mathivity MOVEMENTS, and help your students discover the fun and educational benefits of combining math and physical activity.
Let's have MORE FUN
Let’s get CREATIVE
Thank You!!
For more information:

HealthMPowers
www.healthmpowers.org
770-817-1733