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

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

**When:** Monday, May 9th – Friday, May 13th

**Where:** In classrooms during the school day

**Who is invited:** All Georgia elementary schools

**How to participate:**
Two activities will be posted in the morning for teachers to use during each school day. Teachers can access the short energizers using this link: [bit.ly/1RBHZ8F](https://bit.ly/1RBHZ8F)

- **Available Monday, May 9**
  - Mind in Motion 1, Billy Blanks Tae Bo

- **Available Tuesday, May 10**
  - Get Yo Body Movin, Strong4Life

- **Available Wednesday, May 11**
  - Continental Drift, GoNoodle Maximo

- **Available Thursday, May 12**
  - Jammin’ Minute, Mind in Motion II

- **Available Friday, May 13**
  - Icelandic Meltdown, Jump with Jill

**Want to win Power Up for 30 stickers for your classroom?**
Send a photo/video EVERY DAY that week to shapesuccess@dph.ga.gov including:
1) District and School Name, 2) Teacher Name, 3) School Mailing Address, and 4) Number of Students in Class. Any teacher who submits for all five days will receive this classroom prize!

Share on Twitter, Facebook, and Instagram: @GeorgiaShape #PowerUp4Summer #PU30 #GeorgiaShape #GAShape

For a list of pledged schools, to inquire about upcoming trainings, or to offer to host a training session, email powerupfor30@georgiashape.org