March Madness
Make the Grade & Get Active!

Studies have found that students’ participation in sports can make them healthier, improve social skills, and support their positive mental health (Roundy). Physical activity, can help to strengthen their bodies, help to develop coordination, and athleticism. Overall, participation in sports can promote healthy living habits. Not only will participation in activities contribute to a more “fit” student, but it also helps with their social skills. It provides the opportunity for them to learn teamwork, accountability, and good sportsmanship. Likewise, there can be an improvement in time management and organizational skills. Strengthening in these areas shows a correlation with students’ success in the classroom. They are often more motivated to perform well in class so that they can remain eligible for their sport(s). A recent study conducted by Washington University (19) found that there are four major areas that are impacted by physical fitness:

Healthy weight: Physical activity contributes to and is very important in achieving and maintaining a healthy weight, especially when combined with calorie reduction.

Physical health: Physical activity helps prevent heart disease and control diabetes, slows bone loss, lowers blood pressure and blood sugar, improves cholesterol levels, and lowers the risk of certain cancers. It may also improve quality of sleep.

Psychological health: Physical activity can improve the symptoms of depression and anxiety. It may also increase self-esteem and mood.

Performance: Studies show that regular exercise is correlated with better job/school performance. This may be because people who are more physically fit are less affected by fatigue.

Be Well Resource Corner
Southwest Valley Family YMCA
N. Litchfield Road, Goodyear, AZ 85335
(623) 935-5193

“Offers programs and services that promote four core values: caring, honesty, respect, responsibility. These programs include: child care, youth sports, swimming, camping, gymnastics, tennis, family and senior adult programs, health and fitness, and volunteerism, with more than 260 opportunities.”

Physical activity for children and young people (5–18 Years)

Be physically active

Sit less
Move more

“Exercise is the key to not only to physical health, but to peace of mind.”

-Nelson Mandela