

Healthy Heart Schools' Program Physical Activity



**10,000
to 15,000**
Average Steps per day
minimum to get and
keep your
endothelium function
high enough to protect you.



Feeling down in the dumps?
Phys Ed class and
physical activity can help!



33%

The percentage of grade 12
students that still take phys-ed
after grade 9.

Do yourself a favour & take a Phys Ed break!

Not Good at Sports?

Many DSBN and NCDSB schools now offer:

- fitness classes
- dance-fit classes
- weight training courses
- racquet sport classes - much more!



Boost Your Grades

Research has shown that students who take
physical education classes are:

- 1) more likely to maintain or improve their test scores
 - 2) more likely to get an 'A' in Math and English
- You might want to think twice before
you drop that phys-ed class!

Cha-Ching!

Many of the skills that employers are
looking for, are learned through
physical education classes.

Problem solving
Teamwork
Self confidence
Many more!



*If you want more money in the future,
take a phys-ed course next semester!*

en·do·the·li·um [en-doh-thee-lee-uhm]

- a thin layer of flat cells that line the inside
of your arteries, heart and veins
- has many important roles that help keep
your heart and body healthy
- if you have heart disease risk factors,
your endothelium can be damaged,
leading to illness.

*Physical activity will help your endothelium to work
properly even if you have risk factors. So get active!*



**Heart
NIAGARA**
www.heartniagara.com