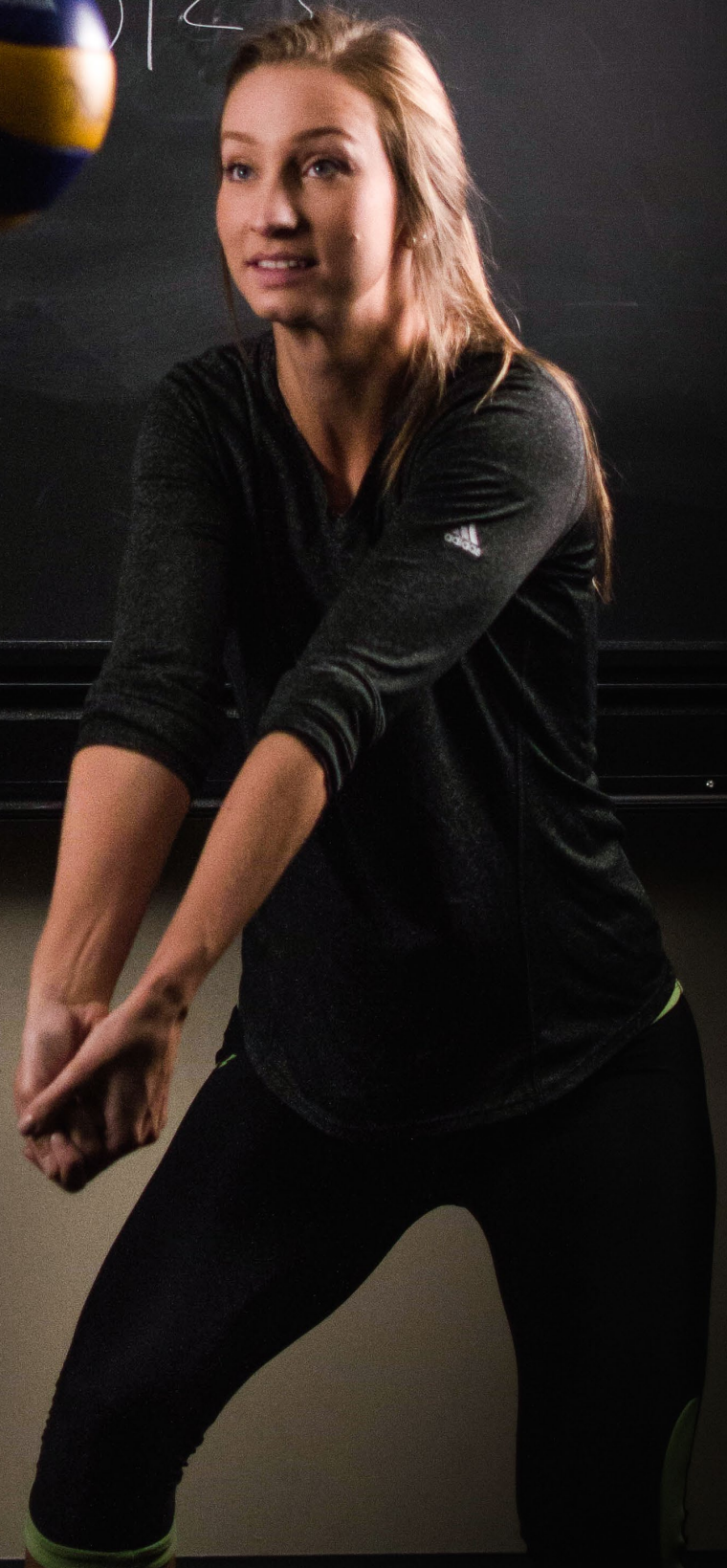
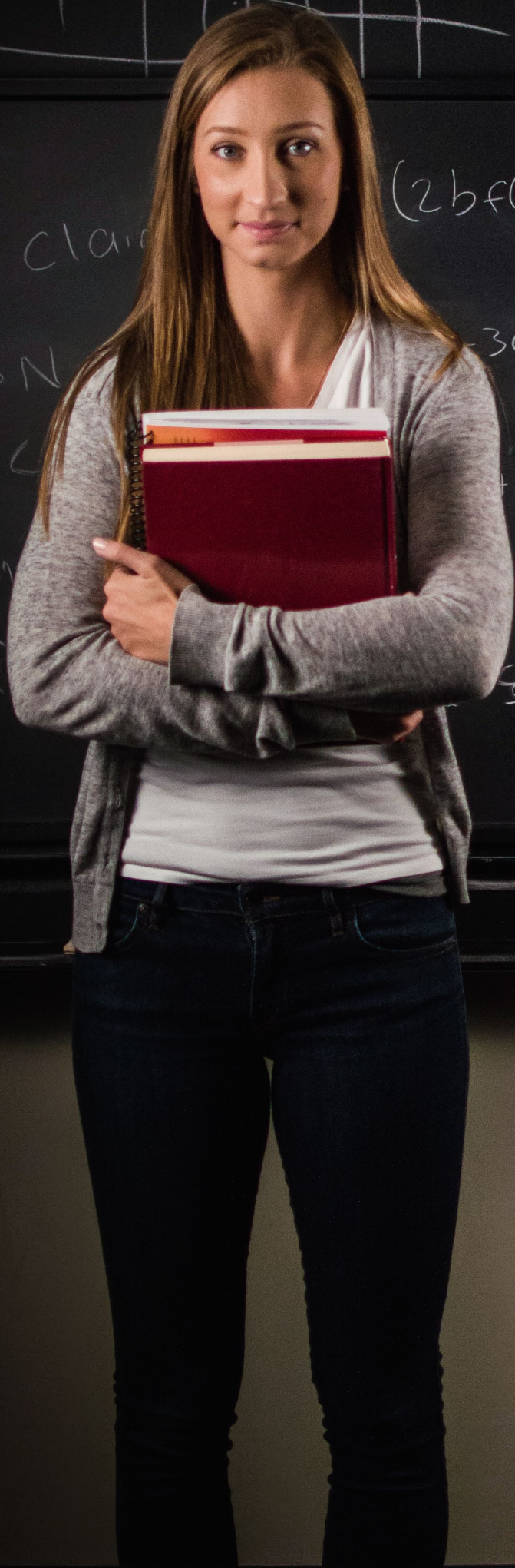


# GET PHYSICAL

*find your balance*

# BE LITERATE



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“Participation in physical activity positively increases student motivation to learn in the classroom” (Kasim, 2001).

Part of the Physical Literacy Campaign.  
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# GET PHYSICAL

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“People report greater satisfaction with life on days when they were active” (Maher, 2013).

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“Regular cardiovascular activity leads to better concentration and improved performance on memory tests” (Stroth et al., 2009).

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“Physical activity increases oxygen flow to your brain, helping it function better at the task at hand” (Kumar et al., 2015).

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