

# Physical Education Family Fun





HEALTHY KIDS.

## Research Shares

- **Promoting Physical Activity**
- <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-6537-3#citeas>
  - ✓ Family-based intervention
  - ✓ Active 1+Fun
  - ✓ Active Children = Active Adults
  - ✓ Parents play crucial role in shaping children's activity level
- **Physical Activity-Based Programs**
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4492428/#:~:text=Investigating%20the%20results%2C%20it%20appeared,had%20a%20negative%20effect%20on>
  - ✓ Enhances a happy school life
  - ✓ Frequency and intensity of activity affects positive thinking
  - ✓ Variety of physical activity promotes positive peer relations
- **Physical Recreation and Healthy Outcomes**
- <https://files.eric.ed.gov/fulltext/EJ1299939.pdf>
  - ✓ Early regular exercise benefits the human body later in life
  - ✓ Exercise increases happiness in social relationships
  - ✓ Physical activity can decrease at risk behavior

# FREE FUN FAMILY ACTIVITIES that PROMOTE GREAT HEALTH!



DISC GOLF: <https://www.visitaugusta.com/things-to-do/sports-and-outdoors/disc-golf/>

PHINIZY SWAMP: <https://www.visitaugusta.com/listing/phinizy-swamp-nature-park/23/>

RIVERSIDE PARK: <https://www.visitaugusta.com/listing/riverside-park-at-bettys-branch/438/>

AUGUSTA CANAL NATIONAL HERITAGE AREA: <https://www.visitaugusta.com/listing/augusta-canal-national-heritage-area/1855/>