

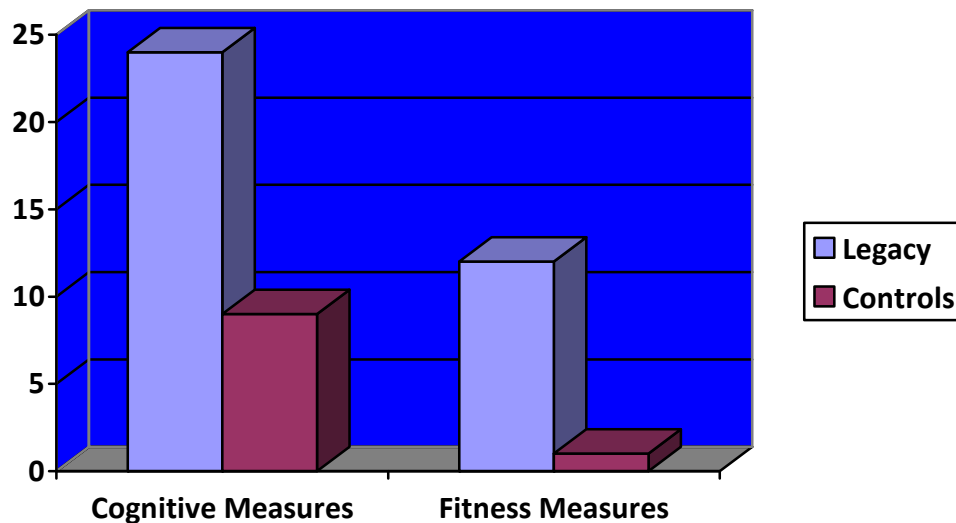
Active Kids, Have Active Brains at Legacy Charter School

Legacy Charter School's multifaceted approach to education is based on the premise that a 'sound body nurtures a sound mind.' Physically active children tend to have greater academic achievement and enhanced cognition. Physical activity has also been documented to support learning capacity along with stimulating structural changes in the brain important for learning. Regular physical activity increases neurons, dendrites and synapses-the essential structural elements located throughout the central and peripheral nervous systems shown to improve cognition. Students experience more energy, feel better and are more interested in learning.

Only 4% of elementary schools, 8% of middle schools and 2% of high schools in the United States provide daily physical education. Legacy Charter School is committed to the health and wellness of its children and is ***the only school in South Carolina to provide 45 minutes of physical education 5 days per week to all children.***

This past summer, Legacy Charter School analyzed the effects of providing 45 minutes of daily physical education on the cognitive and fitness performance of its students during the 2009/2010 academic year; and found that Legacy Charter School students observed significant increases in 77% of the cognitive measures, compared to only 29% for control school students.

Percentage Differences in Cognitive and Fitness Measures for Legacy Charter School vs. Controls



Legacy Charter School students additionally had significant improvements in 75% of the fitness measures by the end of the school year, compared to only 6% for control school students.

Active Kids Lead Healthy Lifestyles at Legacy Charter School

Obesity is one of the most dangerous health threats facing South Carolina. Three out of every five (65.4%) adults in South Carolina are either overweight and/or obese. Furthermore, a recent study by Greenville County School District revealed that 36% of Caucasian youth, 44% of Hispanic youth, and 49% of African American youth are overweight and/or obese. Childhood obesity is the primary result of sedentary behavior; therefore a lack of participation in regular physical activity opportunities has contributed to this epidemic.

The prevalence of overweight and/or obese elementary students at Legacy Charter significantly DECREASED from 47% to 41%. The prevalence of obese elementary and middle school students at Legacy Charter also decreased, with middle school students observing a significant DECREASE in obese students by the end of the school year.

However, the prevalence of overweight and/or obese elementary control school students significantly increased from 50% at baseline to 62%. The prevalence of obese elementary control students increased from 28% to 32%. The percentage increases in the prevalence of obesity among middle controls students was equally alarming. Approximately 32% of middle school control students were obese at the beginning of the school year, the prevalence of obesity significantly increased to 38% at the end of the school year.

The required regular physical activity at Legacy Charter School will continue to support greater academic achievement and behavior of our students.