Plan for a Healthy Life

Live  Learn  Lead
For the first time in a century, today’s children are expected to have a SHORTER life expectancy than their parents.

-- Texas Children’s Hospital

Kelly Hayford, CNC ~ Author: If It’s Not Food, Don’t Eat It!
TOP 10 COUNTRIES HIGHEST LIFE EXPECTANCY

- Current health expenditure (CHE) as percentage of gross domestic product (GDP) (%)

- United States = 16.8% - highest of all countries

WHO, 2016
What is impacting life longevity in the U.S.?

SEDENTARY LIFESTYLES & LACK OF PLAY

- MENTAL HEALTH
- TECHNOLOGY
- DISEASE
SEDENTARY BEHAVIORS
GET OUT OF YOUR CHAIR. NO, REALLY.

ACCORDING TO THE CDC, PROLONGED SITTING IS THE #1 CONTRIBUTOR TO CHRONIC DISEASES, WITH NEGATIVE EFFECTS BEGINNING AFTER JUST ONE HOUR OF SEDENTARY BEHAVIOR.

HTTP://HOME.UTILIFIT.COM/WHY-UTILIFIT/
JUST ONE HOUR OF SITTING IS AS UNHEALTHY AS SMOKING TWO CIGARETTES.

ALL THE LATEST RESEARCH POINTS TO A SINGLE DIRECTION...

SITTING IS THE NEW SMOKING.
LACK OF PLAY
Play Emotions/Spirituality

When play is missing:
- Rise in narcissism
- Extrinsic control
- Others directed
- Lack of direction
- Anxiety/stress
- Internal struggles
- Void of self

When play is available:
- Self-controlled
- Self-directed
- Intrinsic control
- Rise in empathy
- Calm/Relaxed
- Failure is part of growth
- Peace with self and identity
POSITIVE EMOTIONS & NATURE

- Happiness & Joy
- Empathy
- Well-Being
- Self-Esteem
- Quality of Life

“the roots of adulthood happiness are developed in early childhood” (Seligman, 2010)
TECHNOLOGY
PHYSICAL EDUCATION/HEALTH TECHNOLOGY
STRUCTURED FOR ADOLESCENTS VS UNSTRUCTURED PLAY?
STRUCTURED VS UNSTRUCTURED PLAY
RESULTS
LIINK AT A FOUR YEAR GLANCE

**Engagement:**
- **Academic outcomes:** Math and reading LIiNK scores improve over traditional school scores.
- LIiNK children improve on-task behaviors up to 40% while traditional improve 0-2%.
- LIiNK children have more brain power and energy throughout the day and year while traditional schools show fatigue daily and throughout the year.
- LIiNK children significantly improve prosocial behavior, honesty, empathy and decrease bullying over traditional children.

**Health:**
- 7% drop in LIiNK overweight/obese children over three years while control overweight/obese children increase 17% over three years.
- Decrease in nurses visits; absences; discipline. Increase in happiness; resiliency.
OFF-TASK BEHAVIORS

Cohort 1-K-3-By Grade Advancement

Intervention
Comparison
Attentional Fatigue

Average RT Change

- Fall School 1
- Spring School 1
- Fall School 2
- Spring School 2
- Fall School 3
- Spring School 3
- Fall School 4
- Spring School 4
What can we do right now?

- Offer LiiNK breaks during teacher/administrator district inservices
- Develop policies surrounding an active school
- Create opportunities to be outdoors
- Build in at least one 15-20 minute recess daily for all grade level schedules
- If successful, add a 2nd 15-20 minute recess daily
- Positive Action (Character development)
- Principal support
- Create advocacies with all campus staff (nurse, counselor, principals, etc)
How did movement become trivialized? How did testing become the only measure of a child’s success?

Anxiety is the by-product. Dysfunction the end result.

We must cut the chains of testing and allow for whole child development.
Thank You