

TCU[®]

LINK
PROJECT[®]

Let's Inspire Innovation 'N Kids



Dr. Deborah Rhea



Plan for a Healthy Life

Live Learn Lead

Overcoming Our Unhealthy Food Culture

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For the **first time**
in a century,
today's children
are expected to
have a **SHORTER**
life expectancy
than their parents.

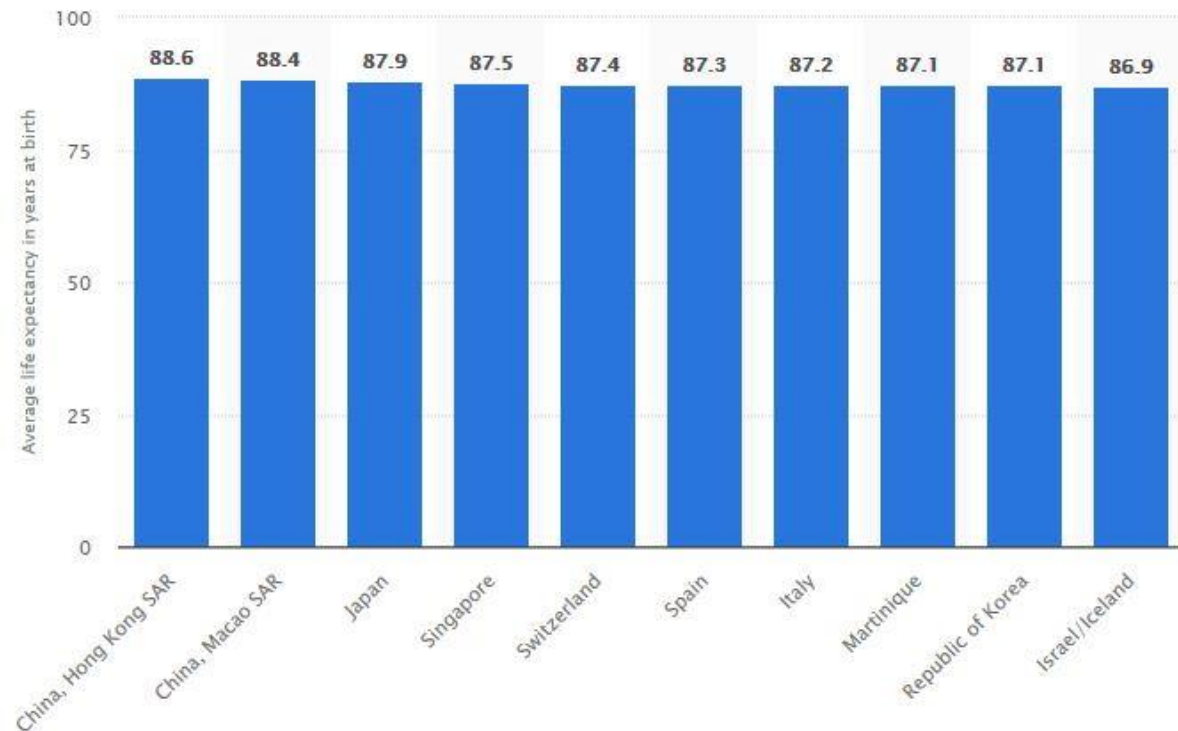
-- Texas Children's Hospital

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)d (%)
- 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/](http://home.utilifit.com/why-utilifit/)



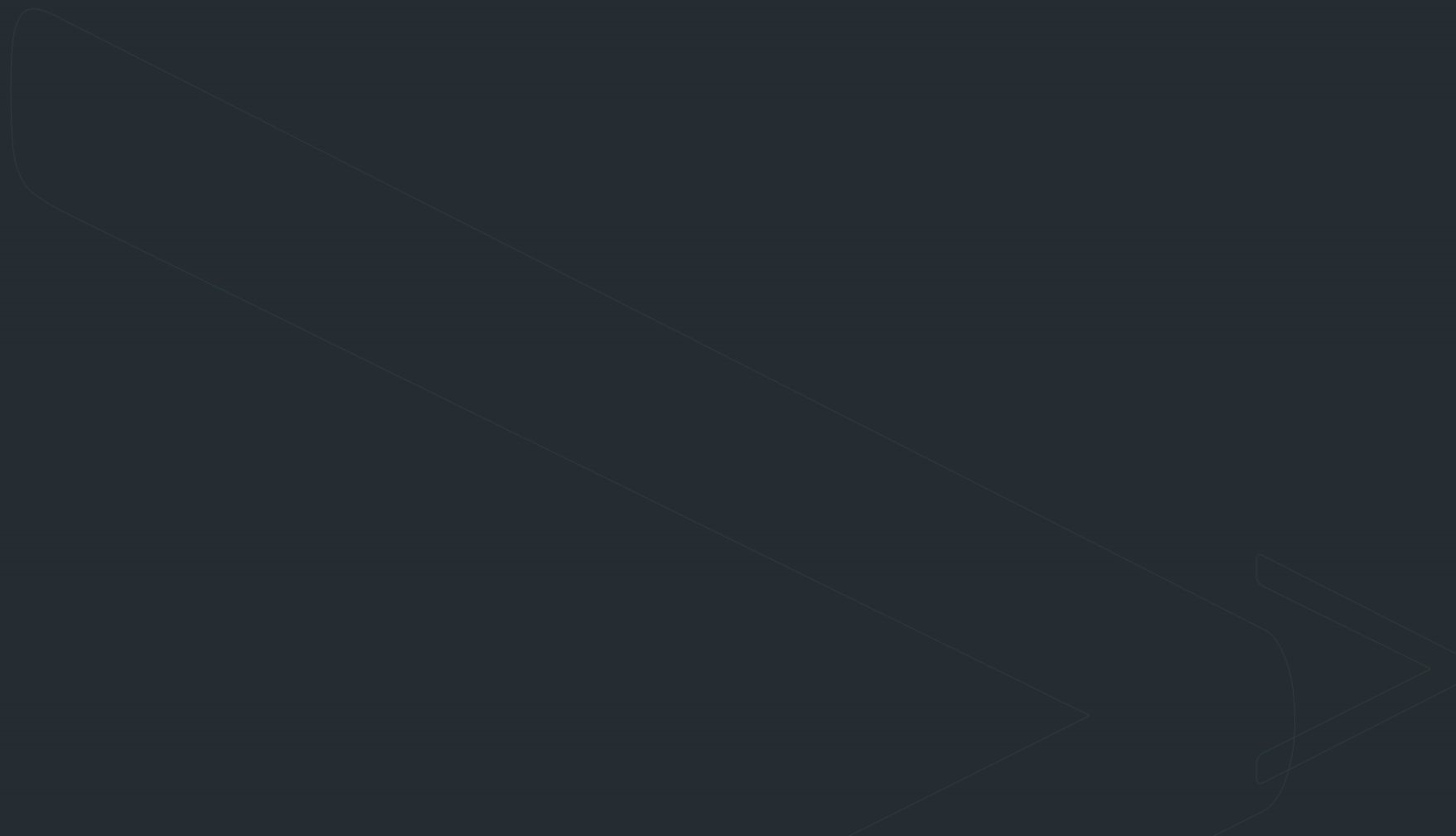
**JUST ONE HOUR OF SITTING IS AS UNHEALTHY AS SMOKING
TWO CIGARETTES.**

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

SITTING IS THE NEW SMOKING.



LACK OF PLAY



LEARN





MENTAL HEALTH



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?



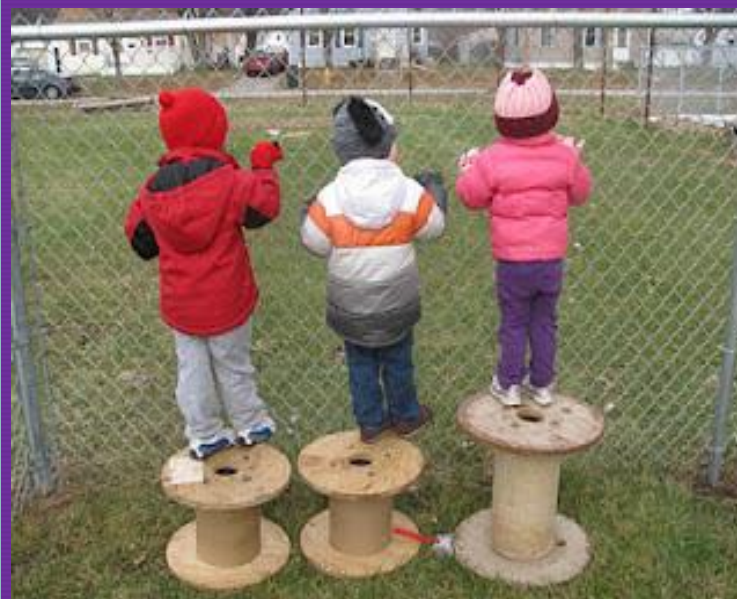
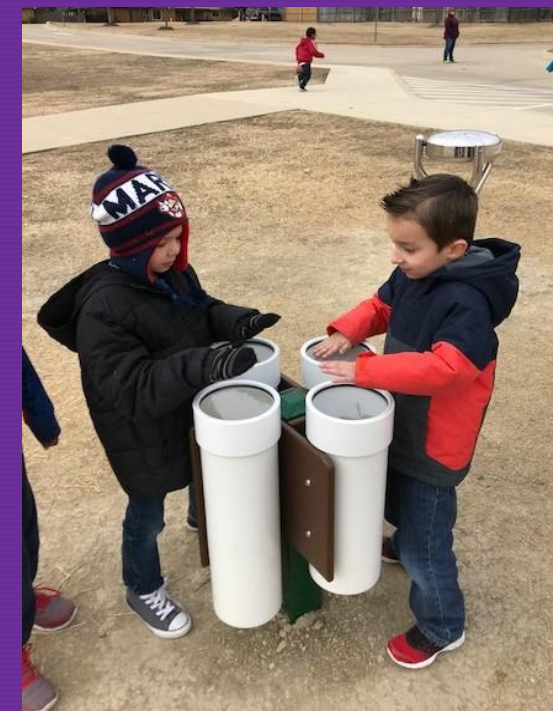


STRUCTURED

VS

UNSTRUCTURED

PLAY





RESULTS



LIINK AT A FOUR YEAR GLANCE

- **ENGAGEMENT:**

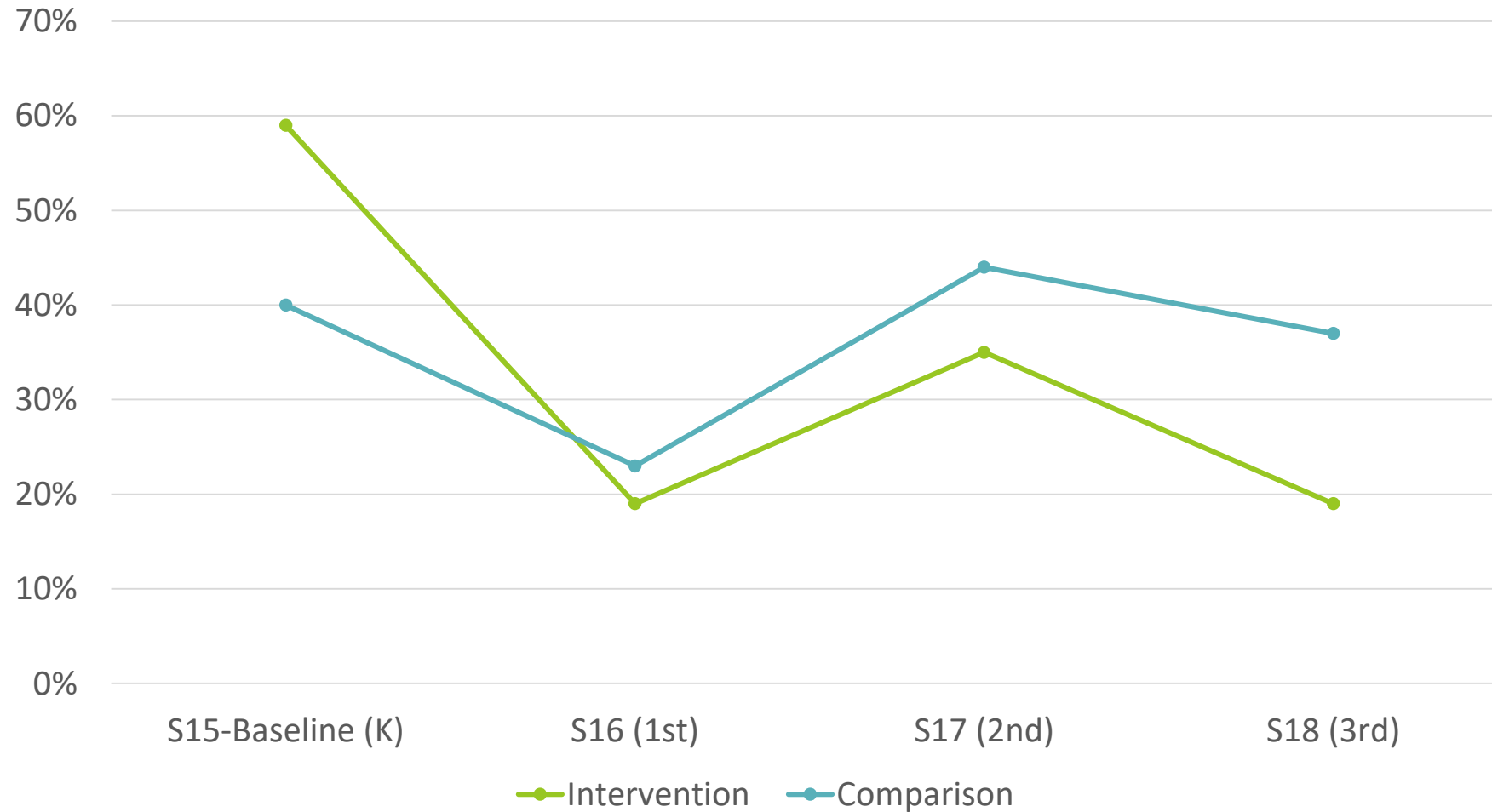
- **ACADEMIC OUTCOMES: MATH AND READING LIINK SCORES IMPROVE OVER TRADITIONAL SCHOOL SCORES**
- **LIINK CHILDREN IMPROVE ON-TASK BEHAVIORS UP TO 40% WHILE TRADITIONAL IMPROVE 0-2%**
- **LIINK CHILDREN HAVE MORE BRAIN POWER AND ENERGY THROUGHOUT THE DAY AND YEAR WHILE TRADITIONAL SCHOOLS SHOW FATIGUE DAILY AND THROUGHOUT THE YEAR**
- **LIINK CHILDREN SIGNIFICANTLY IMPROVE PROSOCIAL BEHAVIOR, HONESTY, EMPATHY AND DECREASE BULLYING OVER TRADITIONAL CHILDREN**

- **HEALTH:**

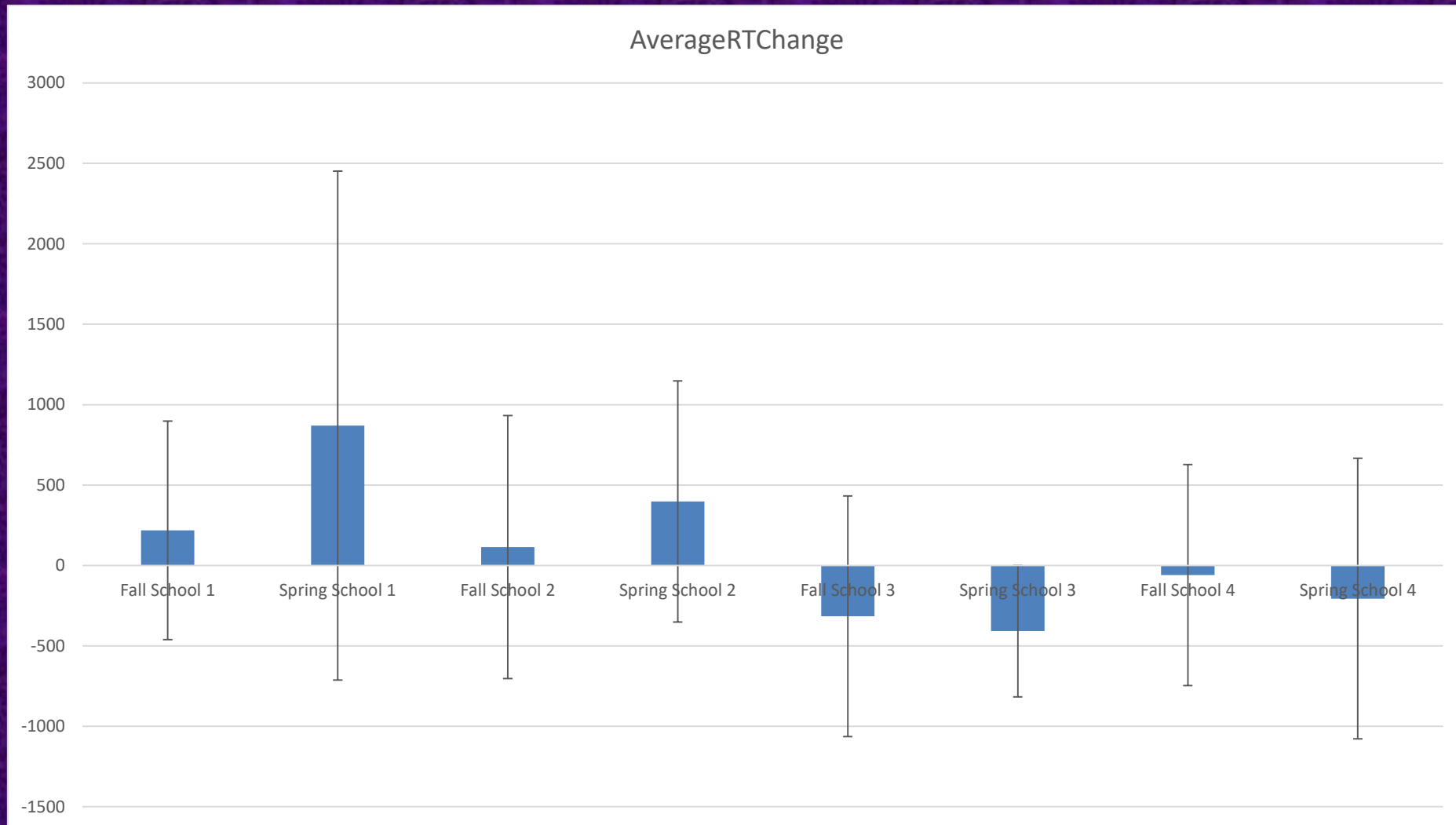
- **7% DROP IN LIINK OVERWEIGHT/OBESE CHILDREN OVER THREE YEARS WHILE CONTROL OVERWEIGHT/OBESE CHILDREN INCREASE 17% OVER THREE YEARS**
- **DECREASE IN NURSES VISITS; ABSENCES; DISCIPLINE. INCREASE IN HAPPINESS; RESILIENCY.**

OFF-TASK BEHAVIORS

Cohort 1-K-3-By Grade Advancement



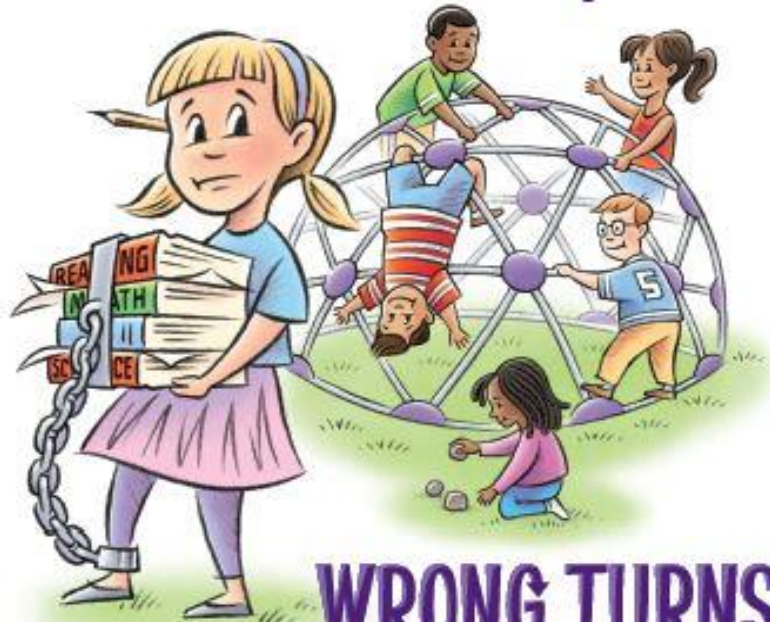
Attentional Fatigue



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)**

Deborah Rhea, Ed.D.



WRONG TURNS RIGHT MOVES IN EDUCATION

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.

WRONG TURNS RIGHT MOVES IN EDUCATION

Deborah Rhea, Ed.D.

ARCHWAY
PUBLISHING

**Thank
You**