

Here's a tool to help your child succeed in the classroom.



According to a study released by the American College of Sports Medicine, physical activity is linked to academic achievement. Physical activity during the school day reduces boredom and helps kids pay attention in the classroom. Keep kids healthy and attentive by participating in Project ACES Day May 5, 2010.

For more information and ways to get started, visit the Project ACES website at www.projectaces.com.

