

Movement as Medicine

Key Points

- Vigorous activity (e.g., running, dancing, swimming, jumping) increases dopamine and norepinephrine → better focus and impulse control
- Physical activity includes: family walks, dance parties, playing tag, running at the park, jumping rope, etc.



Exercise doesn't have to mean organized sports; dance parties count!

Action Steps

- Move your body before school and throughout the day
- Take movement breaks (5-10 minute bursts) during the day
- Aim for at least 30 minutes/day of vigorous movement

Home Practice

Commit to one (1) nutrition, one (1) sleep, and one (1) physical activity change for your family.

Nutrition goal:

Sleep goal:

Physical activity goal:

Resources

- [Mental Health Benefits of Exercise](#), Therapist Aid