

## IMAH - DAILY PHYSICAL ACTIVITY

### *Category P*

The Board recognizes that developmentally appropriate daily physical activity, exercise and physical education are ways to minimize health risks created by chronic inactivity, childhood obesity, and other related health problems. The Board encourages students and staff participate in developmentally appropriate physical activity and exercise at for at least 30 to 60 minutes each day as a way to minimize these health risks. The Board encourages parents/guardians to support their children's participation in enjoyable physical activities, and recognize that parents/guardians act as role models for active lifestyles.

### **Legal References:**

*RSA 189:11-a, Food and Nutrition Programs*

*NH Code of Administrative Rules, Section Ed 306.04(a)(15), Daily Physical Activity*

*NH Code of Administrative Rules, Section Ed 306.04(l), Daily Physical Activity*

*NH Code of Administrative Rules, Section Ed 310, Daily Physical Activity*

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