



Take Time For 10!

Time For 10! offers free exercise videos and resource materials to kindergarteners through fifth-graders in classrooms throughout Ohio.

A collaboration between Nationwide Children's Hospital and Ohio First Lady Karen W. Kasich, the program aims to encourage daily physical activity by making it easy, accessible and free.

It's a simple tool for schools to increase students' physical activity through small increments of exercise, in a way that is manageable and constructive—providing benefits inside and outside the classroom.

“Taking ten minutes for exercise will be time well spent helping your students be successful in learning.”

**—Barbara Boone, Ph.D.
Ohio Department of Education
Director of Office and
Community Family Support**

Studies have shown that short bursts of exercise not only improve the physical health of a child, but also improve his or her academic performance, mood and concentration skills.

The program presents a series of five videos. Each video is less than 10 minutes in length and features a fitness expert, Mrs. Kasich and schoolchildren of various ages and abilities exercising together. The videos are designed for ease of use in any school environment.

Time For 10! doesn't require any special equipment, or even a gym—it only requires ten minutes. The program is designed for daily use in the classroom, but it can be used in various settings. Videos can be used as a start to the school day, a warm-up during gym class, an indoor recess activity or as an energizer before lunch periods and tests. Find the use that suits your students best.

The program is available in three formats: DVD, online streaming or via download to your computer. Access this free program in its entirety at **TimeFor10.org**.

Program Partners



Karen W. Kasich
OHIO'S FIRST LADY



Ten Minutes to Focus, Fitness and Fun
TimeFor10.org