Frequently Asked Questions

How did the idea for Time For 10! come about?

"I've visited schools in different parts of the state, and there was a common theme: Schools were in need of simple exercise options for children that they could use regardless of resources."

—Karen Kasich, Ohio First Lady

Mrs. Kasich learned of a program at Livingston Elementary in Columbus, Ohio, where Principal Melinda Dixon worked with Nationwide Children's Hospital to use short, pre-recorded videos to start her students' day with exercise. Mrs. Kasich approached Nationwide Children's with an idea to build on Principal Dixon's program by making a similar program available to every classroom in the state, at no cost to the school.

Why is Time For 10! a good program for schools to implement?

- Time For 10! is a simple way to incorporate additional physical activity into the school day.
- It doesn't require any equipment, or even a gym—all it requires is 10 minutes of time, a TV and DVD player or a computer with internet access.
- The program is provided at no cost. The DVDs are available for free and the videos can be watched and downloaded online.

What are the benefits of the program?

- Even short bursts of exercise can make a big difference in a child's day. It helps them feel better, focus and learn better, too.
- It provides a simple curriculum for schools to use to encourage physical activity—whether in the classroom or the gym.
- Workouts are specifically tailored for children in kindergarten through the fifth grade.

How does the program tie to National Education Standards?

Time For 10! helps students demonstrate the ability to practice health enhancing behaviors, reduce risk and become better advocates for their own personal health.

What is the goal of the program?

Our goal is to encourage daily physical activity in Ohio classrooms. We want to make it easy, accessible, efficient and free.

To access Time For 10! in its entirety, visit TimeFor10.org.

Program Partners

NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Karen W. Kasich
OHIO'S FIRST LADY

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Ten Minutes to Focus, Fitness and Fun
TimeFor10.org

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