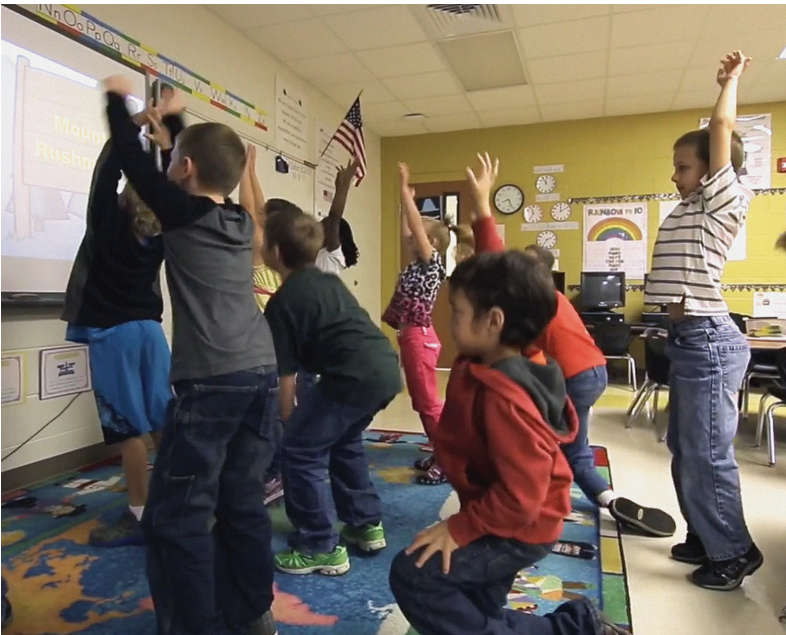


# The Science Behind Walkabouts: Related Research at a Glance

## EXECUTIVE SUMMARY

ActivEd and Walkabouts were inspired by years of published research about both education and health — and the correlation between the two. In fact, ActivEd founder Dr. Julian Reed is among the nation's leading researchers exploring the relationship between issues such as obesity and academic achievement. Dr. Reed's findings and his work to help equip and empower teachers across the country continue to inform all facets of the Walkabouts platform.



## The Impacts of Movement on Learning

Quite simply, learning is physical. When we move, we learn, and we learn as we move.

The benefits of moving and learning include:

- Maintaining a healthy lifestyle, a healthy weight, and preventing disease.
- Physical activity that is linked to improved academic performance.
- Cognitive stimulation that has been shown to improve concentration and focus.

## Kinesthetic Learners

Kinesthetic learners, or people with the bodily-kinesthetic intelligence, create or solve problems by moving their bodies. However, the kinesthetic learning style is often the most neglected learning style in the classroom.



**Visual**

**(3%)**



**Aural**

**(5%)**



**Read/Write**

**(14%)**



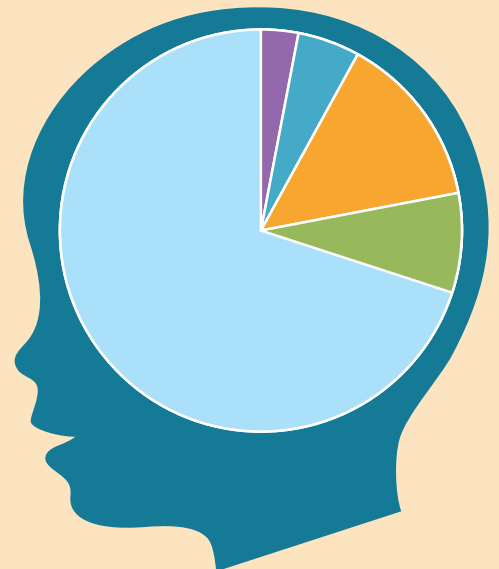
**Kinesthetic**

**(8%)**

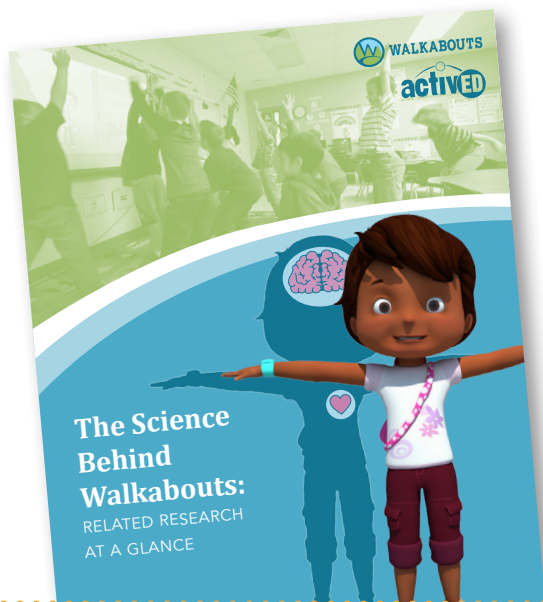


**Multi-Modal**

**(70%)**



Dobson, J. L. (2010). A comparison between learning style preferences and sex, status, and course performance. *AJP: Advances in Physiology Education*, 34(2), 117-117. Retrieved March 10, 2016, from <http://advan.physiology.org/content/34/4/197>



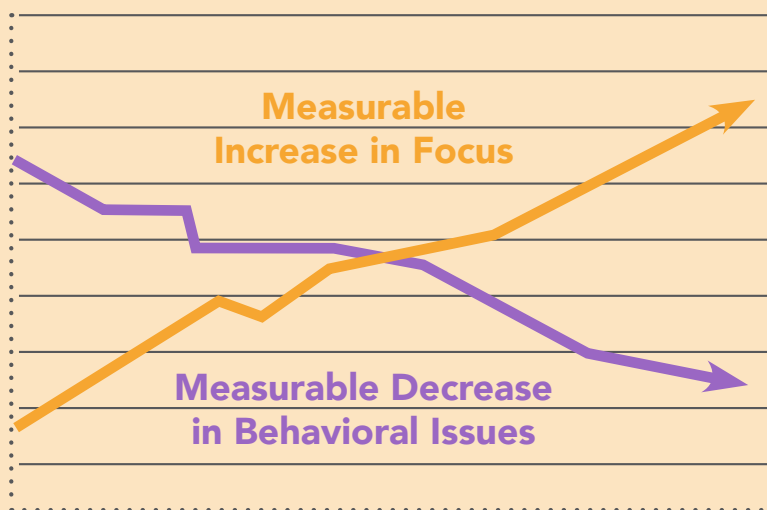
## Key Classroom Challenges and Behavior Management

Teachers are charged with developing and maintaining a positive, productive classroom environment that promotes learning, and they are expected to reduce the time they spend managing. Providing students with regular activity breaks during the school day has been proven to improve on-task classroom behavior.

### New Research: Evaluation of the Walkabout Program that Integrates Physical Activity with Academic Subjects in the K-2<sup>nd</sup> Grade Classroom

By Spyridoula Vazou,  
Katharine Long, Madeline Wille,  
Kimberley Lakes

#### Positive Impacts of Walkabouts on Student Engagement



Independent researchers at Iowa State University and the University of California at Irvine examined the impacts of Walkabouts as a supplement to traditional lessons versus controls with traditional lessons alone. PreK to 2<sup>nd</sup> grade students exposed to Walkabouts' standards-aligned, physically engaging lessons for eight weeks showed significant improvements in inattention and hyperactivity.

Watch the ActivEd research page for more information on this and other studies showing the benefits of physical movement and learning: <http://info.activedinc.com/active-learning-research>

*"We absolutely LOVE it. It allows students to move their bodies and learn, while allowing me to assess who has mastered or needs reteaching of the lesson. The worksheets are an added bonus as well." – April Swain, Kindergarten Teacher*

Do you want to learn more about The Science Behind Walkabouts: Related Research at a Glance? Download the full research paper at <http://info.activedinc.com/the-science-behind-walkabouts>