



PHYSICAL ACTIVITY IS A PROVEN WAY TO IMPROVE MENTAL HEALTH



Physical activity provides an essential platform for educational engagement, attainment, attention, and improved behavior.¹



Physical activity mitigates the effects of trauma, helps manage stress, and assists with regulation.²



Physical activity serves as a protective mechanism against illness and infection and boosts the immune system.³



Physical activity promotes resiliency,⁴ reduces anxiety and depressive symptoms.⁵

Only 19% of all youth in King County get the CDC recommended amount of activity per day (pre-COVID).

Prior to COVID, there were racial, economic, and geographic disparities in access to outdoor spaces, sports, and recreation resulting in lower rates of physical activity. The pandemic has only exacerbated these gaps. Physical activity as a critical strategy for youth health and well-being has never been more important.

The King County Play Equity Coalition aims to increase the rates of King County youth meeting the CDC's physical activity guidelines and decrease inequities so that all youth have access to the mental, emotional, academic, and physical benefits of movement.



1 - SHAPE, 2016; Bailey, 2013; CDC, 2010;

2 - <https://www.medpagetoday.com/pediatrics/generalpediatrics/80105>

3 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7165095/>

4 - <https://www.gifffromwithin.org/html/cultivat.html>

5 - SHAPE, 2016; Fedewa & Ahn, 2011; Strong et al., 2005