

The LiINK Project[®]

Leading the movement for healthier, happier, resilient children and adults

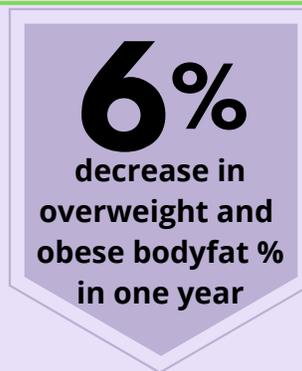


TCU LiINK Project's intervention - **60-minutes of recess (unstructured, outdoor play) and a character lesson daily** - should be an essential part of every child's school day. Below are 8 years of well-documented LiINK intervention elementary school results showing how much more beneficial 60 minutes of recess is over 30 minutes on whole child development.

HEALTH



12x
more likely to
be a healthy
bodyfat % than
obese



PHYSICAL



70% of students achieve
age-appropriate
motor skills

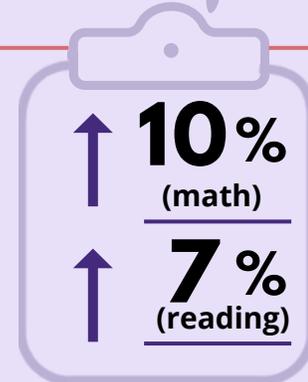
97%
of recess time spent
in physical activity



COGNITION



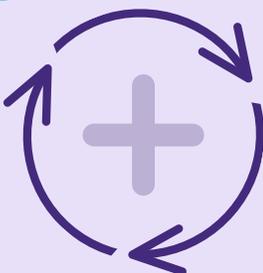
Children spend
67%
of recess time focused on
mid-line crossing physical
activities



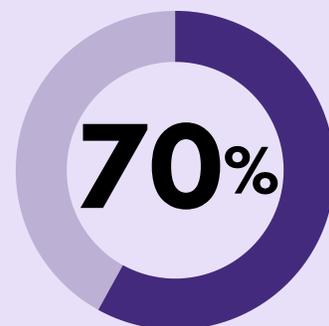
higher scores
on
standardized
testing by
4th grade

SOCIAL EMOTIONAL

17%
increase in
positive
emotions during
recess



For more detailed
results, scan the QR code
or click [here](#).



less
chronic
stress
and
anxiety