**FOR IMMEDIATE RELEASE**

September 6, 2016

**Students at “School / Classroom Name Here” are walking, listening, and learning with The Walking Classroom**

CITY, STATE — “School name” is thrilled to announce that students in “teacher’s name” X-grade class are now getting fresh air and exercise while they learn. Thanks to a grant from “grantor name here”, the class received “WalkKit” audio players for each student preloaded with over 100 podcasts on topics including science, social studies, and language arts. Comprehension quizzes, discussion questions, and other supplemental materials are provided in a Teacher’s Guide.

The Walking Classroom is simple. Students take brisk 20-minute walks, as a class, while listening to the same custom-written, kid-friendly podcast. Each podcast begins with a brief health literacy message, and the lesson plans in the Teacher’s Guide help educators effectively discuss and review the podcast material. The program gets kids out of their seats and walking without sacrificing instructional time.

**“Teacher quote here about how excited you are to use the program, how you plan to use the program, how you think your students will benefit, etc.”**

**Why it works**

The Walking Classroom’s “Walk, Listen, and Learn” methodology combines listening with exercise to capitalize on the strong connection between physical activity and improved brain function, resulting in improved classroom performance. And it’s fun!

Students return to the classroom in better moods, more focused, and more likely to engage in post-walk discussions. Teachers regularly report that after implementing The Walking Classroom, students retain the information better, demonstrate better behavior and engagement in the classroom, and perform better on standardized exams.

While all students benefit from the increased activity and educational content of The Walking Classroom, inactive children and children with low academic achievement stand to benefit the most. The program also provides teachers with an innovative tool to meet the needs of students with alternative learning styles such as ADHD, dyslexia, and/or autism.

**About The Walking Classroom**

The Walking Classroom is a national award-winning education program that provides students and teachers with an innovative way to get exercise without sacrificing instructional time. The nonprofit program’s “Walk, Listen, and Learn” methodology capitalizes on the favorable link between exercise and cognitive function. [www.thewalkingclassroom.org](http://www.thewalkingclassroom.org)