Data are mean number of steps/day for children in the program for two years. Data was collected over three days at the beginning of the program (pre) and at the end the second school year (post) in the intervention and control schools.

* Significance of the difference was determined by a two-tailed unpaired t-test comparing the mean individual increase in the intervention school and the control school: $p < 0.05$

The number of children in the intervention was 32 and in the control school was 13.