NEWS FLASH

The best kept secret of

RAISING TEST SCORES

Finally, there's an easy, inexpensive, time efficient program to help students learn better, remember more, increase attention, and reduce stress.

Would you like to…

See your test scores improve significantly?

Be the only school in your district with the biggest and the best brains?

Have happy, healthy students increase cognitive performance and learn at optimal levels?

Reduce office referrals for behavior by 63%? (17)

Insure a positive school climate?

See quick change with lasting benefits with little increase in funds? Positive results seen in as soon as 30 minutes and as quickly as 6-10 weeks, but best results were seen with continual use (18)

All of this with NO detrimental side effects whatsoever!!

Expected results of this amazing program include:

Efficient Brain Function

- Twice as much learning power with the growth of an estimated 9000 thinking cells (neurons) daily (7) (18)
- More neurons in the learning and memory center of the brain called the hippocampus (7)
- Protection of the brain functions for increased brain function and health (6)
- More connections among existing neural pathways in the brain(15)
- Increased brain organization and integration (3)

Improved Cognition

- Enhanced mental performance, memory, learning, attention, decision making, and multitasking (6)
- More adaptive, more efficient brain, able to reorganize its neural pathways based on new experiences (6)
- Increased executive function to enhance the higher level mental skills that inhibit, shift focus, control emotions, initiate, plan/organize and monitor (1) (18)
- Improved arousal and vigilance (16)
- Improved perception (16)
- Improved cellular learning (16)
- Decreased distraction (17)
- Increased process of putting thought into action
- Improved sequencing of patterns (letters into words, words into sentences, sentences into paragraphs)

Increased Memory Retrieval

- Improved short term working memory and increased long term potentiality (5)
- Strengthened memory every 48 hours (jbm)
- Decreased forgetfulness (4)

Effects of dementia warded off longer (6)

Regulated Mood/Behavior

- Improved attention, impulsivity, motivation, self-esteem, cooperation (17)
- Learned Helplessness is overcome (17)
- Improved resilience, self-confidence (17)
- Better ability to withstand stress and frustration (17)
- Fewer behavior problems and therefore visits to the office (Wendt) (5)
- Increased coping skills when presented with a new situation (5)
- Boost in self discipline and self esteem ((12)
- Reduction or elimination of medications such as Ritalin, Adderall, Prozac, Zoloft (16)
- Acts as an antidepressant (17)
- Regulation of mood (16)

Mood/Behavior cont.

- Regulates sleep patterns for more alertness during school hours
- Reward, motivation, satisfaction becomes intrinsic (16)
- Impulse control (16)
- Promotes a joyful, blissful attitude (16)
- Rise in the state of happiness and life satisfaction (17)

Emotional/Stress

- Reduction of test anxiety (10) (17)
- Reduced stress and signs of depression in just 3 days (15) (18)
- Better adaptation to challenges in a changing environment (17)
- Combats toxic effects of high levels of stress (16)
- Reduces neuronal death caused by chronic stress (16)

Have you guessed the secret yet?

Keep reading…

It’s gets even better!!!

Social Skills

- Lower levels of drug use in teens (2)
- Better family relationships (2)
- Noticeable improvement in pupil's key personal, social, cooperative and communication skills (5)
- Improved attention, impulsivity, motivation, self-esteem, cooperation (17)

Improved academic performance

- Improved Reading and Math scores (3) (4)
- Improved reading comprehension and analysis (17)
- Higher IQ scores (4)
- Higher grade point average in adolescents (2)
- Enhanced creativity (17)
- Intensified classroom concentration and focus (3)
- Improved problem solving skills (5)
- Reduced truancy and drop out rates (3) Pat Cooper Miss
- Language acquisition is improved with beat competency and beat awareness
- Meets the National Standards for several subjects

Now, THAT is exciting!

There's more…

Here are some specific benefits of the program as related to academic performance in Reading and Math

This program will:

- Aid the brain in placing words on a page, tracking words from left to right, and writing patterns in sequence.
- Aid the brain in following the flow of words, sequencing patterns in math and reading, solving problems, and sorting information.
- Aid the brain in putting numbers or letters in sequence, discriminating different sounds, and writing letters in proper proportion.

- Aid the brain in encoding the stroke of each symbol of letters and numbers, recognizing letters and numbers, writing letters and numbers, following words from left to right, focusing on reading for longer periods of time, discriminating sounds, and organizing information.

- Aid the brain in processing thought, organizing thoughts in sequence, discriminating likenesses and differences, discriminating sounds, and advancing to higher level thinking.

- Aid the brain in anchoring information and improved memory retrieval, preparing the brain to take a test, and combining many skills for higher level thinking.

AMAZING!!

What program can possibly be so effective?

And why hasn’t someone told us this before?

So WHAT is this amazing program?

Is it a new **WONDER DRUG**???

No, but if it WERE a drug, the warning label might read…

Warning: the Surgeon General has determined that this is very BENEFICIAL to your health causing possible PREVENTION of diseases such as heart attack, stroke, cancer, Alzheimer's, Parkinsons. Possible side effects are a healthy body and a healthy brain.

And this program may already be in your school today!

This amazing program is referred to by different names:

Exercise

Fitness

Wellness

Physical Activity

Movement

But it all happens in one place:

Daily, Quality PHYSICAL EDUCATION

Are you surprised?

When we exercise we improve the brain's ability to learn..

HEALTHY ACTIVE KIDS

MAKE BETTER LEARNERS

All of the findings referred to earlier are studies done in recent neuroscience that supports the link of exercise to improved cognition.

Brain Research Headlines

Exercise grows new brain cells.

The brain is only as healthy as the body that carries it.

What makes us move is also what makes us think.

Students who exercise do better in school.

About 85% of school age students are kinesthetic learners predominately.

More Headlines

Early brain development is dependent on early motor development. Crawling, rolling, and jumping develop the brain's reading mechanism.

Motor skills lay the framework for reading.

Skipping is reading readiness.

Decoding and comprehension are dependent on crossing the midlines.

Cultural influences are changing the brains of this generation of learners.

Even More Headlines

High fat, high sugar diets impede the ability of the brain to uptake its glucose (brain fuel).

Exercise is the natural antidepressant.

Exercise is the natural Ritalin, Adderall.

Exercise wards off the effects of dementia longer.

Exercise is the brain's Miracle Grow

Here's the Good **NEWS**…

Nutrition

Exercise

Water

Sleep

A Checklist for Optimal Brain Function and Learning

Balance

Crossing the midline

Motor skills

Beat Competency and Beat Awareness

Mirror Neurons

Visual Fitness

Emotional Safety

Research that makes you go "HMMMMMMMM" …

Laughter burns up calories.

Older rats who exercised were smarter than sedentary younger rats.

Older exercisers don't need Viagra.

Exercise produces the same amounts of phenylethylamine as chocolate.

Exercise doesn't reduce effects of PMS…

they haven't found anything yet that does!

Are you convinced yet?

One very effective program that is based on brain research, meets all the National Standards in Physical Education AND reinforces the objectives in reading and math for Pre-K-2 is called the

ACTION BASED LEARNING LAB

For more information visit

The Action Based Learning Lab

www.actionbasedlearning.com

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