

making a difference

By Request of Carolyn French



why SPARK?

"MIRACLE-GRO FOR YOUR BRAIN!"

Recent research shows that exercise is amazingly beneficial for our brains. We can be smarter, happier, and much healthier with regular exercise. Recent studies have proven that a moderate to a rigorous exercise routine can have a significant impact on our brain's health, including its ability to regenerate its brain cells and positively affect and even reverse brain-related ailments. Exercise reduces depression, ADHD, anxiety, stress, and helps cure addiction. It is beneficial in fighting Dementia and Alzheimer's. Most importantly, it can have a powerful lasting impact on our children's learning habits. It increases their ability to strengthen memory and retain subject matter taught and presented in the school classroom. These exciting benefits are all as a result of physical exercise, and these beneficial habits can be carried into adulthood to benefit the individual for a lifetime. As little as two to three sessions of rigorous exercise per week as described by the author of *Spark*, can make a life-altering difference in our lives.

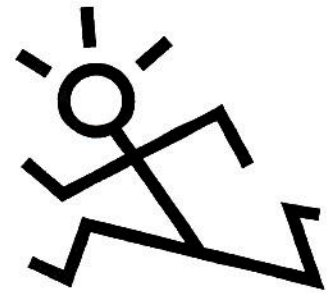
Dr. John Ratey, author of *Spark*, makes a clear and powerful statement about the benefits of exercise. Earlier research taught us the value for our heart muscles and our good looks, but we are just now becoming aware of the impact on our brains. His book documents extensive research and test studies that prove the concept and should get every one of us motivated to become more fit.

Mark your calendars! On January 23, at 5:30 pm, Dr. John Ratey will speak to us at the UL Student Union ballroom. *Spark!* will be presented as part of one of the monthly events sponsored by Dr. David Allie and his CLI Club. Other local sponsors include Dr. Kip and Carolyn Schumacher, Dr. Carolyn French, the Shining Light Foundation, and Byron Reyes with Live Oak Wealth Advisors.

We believe our community will be astonished, as we are, about the importance of exercise in our weekly, if not daily lives, and the value of strengthening our body's physical core to maintain and strengthen our mental sharpness. We hope to introduce a program of physical fitness for our children

SPARK

THE REVOLUTIONARY NEW SCIENCE OF EXERCISE AND THE BRAIN



Supercharge Your Mental Circuits to Beat Stress, Sharpen Your Thinking, Lift Your Mood, Boost Your Memory, and Much More

JOHN J. RATEY, MD

COAUTHOR OF *DRIVEN TO DISTRACTION*

with **ERIC HAGERMAN**

and believe that our impact will be even greater for the Lafayette community and Acadiana.

By replicating and implementing the ideas presented in chapters one and two of Dr. Ratey's book, *Spark*, our children's scholastic experience could be the most significant benefactor. The fact that Louisiana as a state

is rated number 48 in the nation in education underscores the need for change. Unfortunately, we've been in this low rank for decades. Our goal and our focus with Spark will be to improve our community's scores in education and, more importantly create optimal learning experiences for our children for the years that they are under our care and guidance, particularly during school time.

School District 203 in Naperville, IL, was the 'spark' that persuaded author, Dr. John Ratey, to write his book, Spark.

Since the early 1990s, District 203 has been the testing ground for a simple, yet effective, physical fitness program that has been implemented to prepare children for their day of learning at school. Approximately 19,000 children are part of this school system, which consists of two high schools, three middle schools and a dozen elementary schools.

Results that have been measured from implementing this program include the following:

- 1. Huge improvements in test scores!** District 203 has won first place in the subject of Science in the worldwide TIMSS Exam (Trends in International Mathematics and Science Study) and has won sixth place in Mathematics. This test is taken by at least 60 leading developing and developed nations. Except for District 203, the United States, by comparison, has not placed as well in previous testing and placed only as high as number 17 in Education in the world (2014 numbers)!
- 2. Lower operating expense for schools!** District 203's leading high school, Naperville Central High's operating expense per child in 2005 (at least ten years into the program) was \$8,900 vs. \$15,400 at the Evanston's New Trier High School which was a school not participating in the program.
- 3. Healthier students!** The District 203 group of students has been rated as one of the fittest in the nation, as measured by CDC guidelines and confirmed by University level Research.
- 4. Higher ACT scores!** The ACT scores in District 203 increased to 24.8 from an Illinois state average of 20.4 within a few years of initiating the program.
- 5. More championships (Lagniappe!)**
- 6. Before 'Zero Hour' (exercise before school) was implemented in District 203 in the early 1990s, and even as far back in time as 1890, the district had won zero athletic championships. Since the fitness program was implemented, the district has won 18 athletic championships, according to Paul Zientarski, one of two founding members of the Naperville program.**

Spark! is the way to supercharge our mental circuits to beat stress, sharpen our thinking, lift our moods, boost our memory, and much more! Join us to hear Dr. Ratey speak at the UL Student Union Ballroom on Thursday, January 23, 2020, at 5:30 pm. There is no cost to attend. A dinner is planned so let us know if you are coming. Call Cheryl Evans at Live Oak Wealth Advisors, 337-366-1911. We look forward to seeing you there, and maybe to see you walking in our neighborhood.