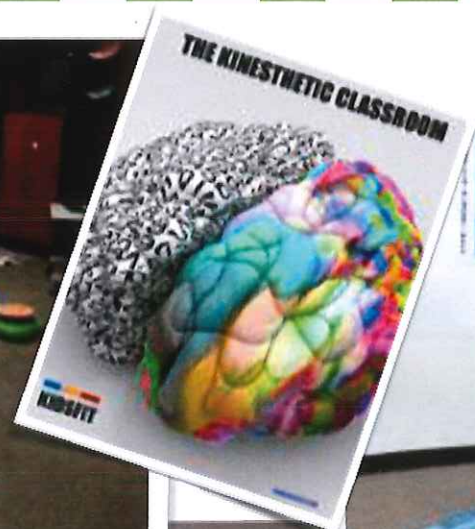


KIDSFIT Active Brain Labs



How Do Active Brain Labs Work?

Classes rotate throughout the day in short sessions to study before a test, go over math facts, vocab words, read, etc. The lab is also used for after school tutoring sessions or for students to come do their homework.



The Active Brain Lab Package comes with complete teacher trainings-offered on-site for the entire school.



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International Youth Fitness



We constantly hear from teachers who have the desks in their classrooms- and they say the kids pay attention better and they can teach longer with less distractions. The teacher's bottom line is when the kids are moving, they learn and retain information more efficiently and are less prone to act out.

Most of what we hear is directly from the teachers

on the front lines. There are numerous experts who will tell you all the technical reasons why movement in the classroom works to enhance learning but to hear it from a happy teacher will give you cold chills.

In the past, when your teacher told you to sit still, stop fidgeting and do your arithmetic, it was simply the way we all did it.. What your teacher should have said was "Let's all get up, move around and solve that division problem." What the research shows is that movement in the classroom *enhances cognitive learning.*

On the technical side movement is good for the brain and body because it:

- Activates BDNF (Brain Derived Neurotrophic Factors) (a protein that is stored in large muscles), so that it can make it's way to the brain where it nourishes and protects the neural pathways for learning. Neural pathways are how information about movement is sent to and from the brain.
- Anchors learning when more of the senses are involved to increase the executive function of the frontal lobe. The frontal lobe is like the CEO of the brain. It's where decisions are made.
- Gets the brain's fuel (oxygen and glucose) to the brain faster
- Puts the brain and body back into hormonal balance which also regulates mood and behavior. Being in balance is better for learning, helps kids stay focused and cuts down on behavior problems. These subtle movements, even though they are at low intensity, can make an extraordinary difference to how the kids perform.



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Sitting still in class is a thing of the Past!