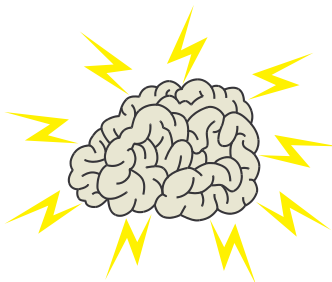


THE FIT MIND BODY *Bulletin*

A publication of Fitness for Youth

Sport builds brawny brains

Dumb jocks? Forget it! A recent study at the Salk Institute found that 21-day-old mice who lived in an active environment experienced a 15 percent increase in brain cells. Sedentary mice showed no similar gain. Researchers at the Institute suggest playing sports could have the same effect on human children.



ACE Fitnessmatters, Vol. 3, Issue 6

Exercise good for body & soul

Exercise isn't only good for the body. It does some remarkable things for the mind as well. Physical activity improves alertness, better memory, reduces anxiety and depression and increases self-esteem.

Research Digest, Series 2, No. 12; Vitality Magazine, March 1998

Smart heads = Healthy hearts

Education works! A 5-year study shows students taught ways to prevent heart disease had fewer risk factors for the disease than those who did not. The cholesterol levels of participating students also declined.




New England Journal of Medicine, Vol. 318, No. 17

.....Kid Bit.....

The average person
thinks 50,000
thoughts a day.

Richard Carlson, Ph.D.



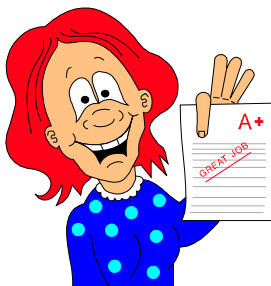
SOMETHING TO PONDER

More P.E. means better grades?!?

(Test results of 546 students from Trois Rivières, Quebec)

Curriculum Changes:

| Subject | Grades 1-3 Change (min.) | Grades 4-6 Change (min.) |
|-----------------|-----------------------------|-----------------------------|
| P.E. | +240 | +240 |
| Religion | -15 | -20 |
| French | -70 | -70 |
| Mathematics | -40 | -55 |
| English | — | — |
| Natural Science | — | -30 |
| Music | — | — |
| Art and Other | -115 | -65 |



Scale Grades following the curriculum change (compared to a control group):

| | Improved | Worsened | No Change |
|----------|----------|----------|-----------|
| French | 13 | 6 | 26 |
| Math | 4 | — | 8 |
| English | 2 | 1 | 1 |
| Science | 4 | 1 | 3 |
| Behavior | 1 | — | 11 |

Provincial Test Scores:

French: No Difference (yet had less time in class)
Math: Better for Exercise (yet had less time in class)
English: Poorer for Exercise (no change in class time)

Roy J. Shephard, Physical Activity and Growth, 1982.