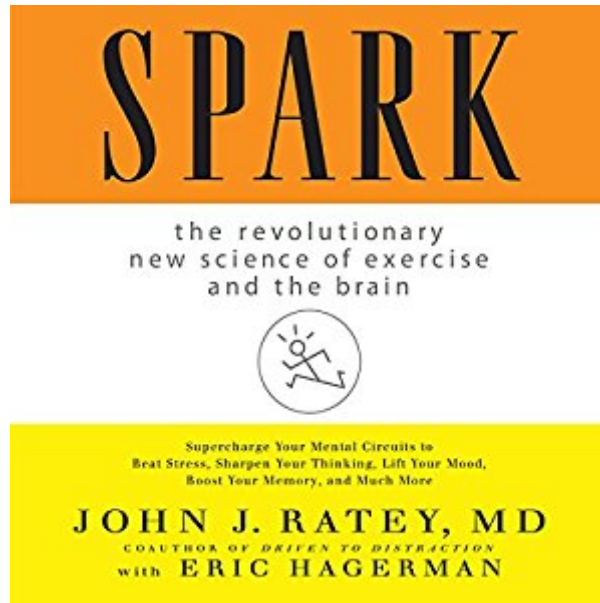


The book was found

Spark: The Revolutionary New Science Of Exercise And The Brain



Synopsis

Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance. In SPARK, John Ratey, MD embarks upon a fascinating journey through the mind-body connection, illustrating that exercise is truly our best defense against everything from depression to ADD to addiction to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run. --This text refers to the Paperback edition.

Book Information

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Customer Reviews

John Ratey is a Harvard psychiatrist who subspecializes in the clinical use of exercise in mental diseases. In Spark he examines clinical and lab research in neuro-hormones, the chemical soup that determines how well our brain works. The front plate quote by Plato says it all, "In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these two means, man can attain perfection." (To this I'd like to add good nutrition, sorry Plato.) This book has many interesting stories together with the technical information. It is a quick, enjoyable read. We feel good when we exercise because it allows the brain to function at its best. Muscle building,

cardiovascular conditioning, reducing stress and tension are secondary. Our society and its conveniences have made it difficult to get enough physical activity. We now have to work at it. The Naperville School District (19,000 students) west of Chicago has redesigned its P.E. system. All students participate in P.E. classes which develop cardiovascular fitness. In class students use heart rate monitors to gauge their degree of exertion. The only games played are ones with high levels of sweat like three-on-three basketball. Students are taught to encourage and support each other. The results have been dramatic: 10% of the number of overweight children found in other school districts; only 3% of students in Naperville are overweight. In an international study of 230,000 students those from Naperville were sixth in math (first in the U.S.A.) and first in science, ahead of Singapore, China, Korea and Japan. To confirm that the fitness program is key a study compared test results after P.E.

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