



What Does the Research Say?

- **Ten minutes of aerobic exercise before a cognitive task (like reading or math) resulted in better success at that task**
- **Students who did 10 minutes of physical activity before a standardized test, did up to 25% better at that test than students who received 20 minutes of test-specific tutoring.**¹

This research is profoundly relevant to today's learning, health and fitness crisis. At the same time the fitness-overweight dilemma is growing, funding for programs like physical education in schools are being reduced or eliminated. Preparing healthy, active children for life has taken a backseat to preparing the K-12 student for standardized tests. Teachers struggle to increase test scores, particularly in math and reading. Educators have been mandated to address both the fitness **and** the test-score issues, but they need help. ExerLearning® and tools like FootGaming™ with the FootPOWR™ peripheral tackle fitness and academic goals **simultaneously**-while saving teachers time and saving Districts money.

- We can help you connect solid physical activity and fitness benefits to programs eligible for NCLB, NETS, Title I and SES funding.
- What could happen on a national level if grade 3-12 students became ExerLearning experts? Our TEAM E3 program delivers.
- We can work with schools and parents to achieve outcomes that make learning and fitness fun and effective.

Imagine the impact on standardized test results if the 30% lowest performing students:

1. Attended school 23% more days per quarter (Gen FIT field study results)
2. Gained confidence and focus (Gen FIT teacher reporting)
3. Gained eye-tracking, patterning, sequencing and vestibular balance practice (proven predictors of fitness and academic success)
4. Lead and manage a valuable classroom program for their teachers

Explore FootGaming and Exerlearning! <http://footgaming.blogspot.com>
www.footgaming.com <http://exerlearning.blogspot.com> footgaming@gmail.com

¹ California Fitnessgram Correlation with SAT scores; accessed on September 1, 2005;
<http://www.cde.ca.gov/nr/ne/yr02/documents/yr02rel37att.pdf>