

HABIT #1

LIVE THE
PHYSICAL LIFE

**FROM YOUR GENES TO YOUR EMOTIONS, YOUR
BODY AND BRAIN ARE DYING TO EMBRACE THE
PHYSICAL LIFE. YOU ARE BUILT TO MOVE. WHEN
YOU DO, YOU'LL BE ON FIRE.**

DR. JOHN RATEY



IN THIS CHAPTER YOU'LL READ ABOUT

- **The brain/body connection**
- **Your physiology's influence on your psychology**
- **The correlation between living a physical life and leading a successful one**
- **Physical activity and stress reduction**
- **Exercise hints and tips**
- **The benefits of creating a physical classroom**

A PARADIGM SHIFT

In his stunning book *Spark: The Revolutionary New Science of Exercise and the Brain*, Harvard associate clinical professor of Psychiatry, Dr. John Ratey (2008) describes exercise as “elevating Miracle-Gro throughout the brain.” One significant study showed that aerobic exercise was as effective as antidepressants. Our understanding of the brain-body connection may indeed be the most exciting scientific advance of the 21st century. It is basic to the human experience, and your heightened awareness of it will increase your opportunity to lead a passionate, purpose-driven life. Your brain has a powerful influence on your body—your thoughts matter. Conversely, we now know that the body has a profound impact on your brain; they exist for each other’s benefit or demise and are extensions of each other. The brain requires that the body move. As we age, we are also concerned about brain health. The most profound thing you can do to preserve optimal cognitive functioning might be to find your sneakers.

My gradual awakening to this relationship occurred in the early 2000s while preparing to teach a graduate course on brain-based teaching and learning. A keen interest became an intense professional curiosity and served to strengthen and support my own personal goals grounded in fitness, nutrition, and stress management. The brain/body relationship became the glue that bonded the three and made greater sense of them in a more holistic way. Similarly, exercise was taking on a whole new meaning for me personally. My sole purpose as a young man was to build muscle quickly. As I aged, my focus turned more toward aerobic conditioning to ensure my cardiovascular health. Now, understanding the role fitness plays in brain health, perspective, and outlook, I have even more to gain from a good sweat.

More so than any other component of a life well lived, the line of communication between the brain and body impacts each moment, thought, choice, and action. “We are what we think” in large part creates our destiny, impacts our state of mental and physical health, and should give us all great pause to take care to nourish our brains and bodies with uplifting thoughts. This leads to a continual “taking stock” of our belief systems to make sure we are creating positivity rather than negativity. Both have a profound effect on the body.



FOR YOUR INFORMATION!

Your physiology can change your psychology.

Your body can instantly change your brain and the way you feel. Movement creates momentum. Movement creates energy. Movement creates motivation. I know through research and experience that if I’m feeling bad, sad, stressed, angry, bored, and/or listless, my body is usually looking and feeling the same way. I also know that by simply changing my posture to standing tall, chin up and shoulders back, and by putting a smile on my face I can instantly change the way I feel. When we smile, we feel happy, but when we force ourselves to smile, we can feel happier. I’ve also learned that when I’m feeling a negative emotion, I’m usually sitting or lying. As soon as I stand and move to create a different level of energy, I immediately feel better. Sports teams don’t sit quietly to prepare for a sporting event. They move, speak loudly, yell, cheer, high-five, and create synergy.

So can you. The problem is that most people don't take advantage of these simple techniques.

In what is one of the most viewed TED Talks ever, "Your Body Language May Shape Who You Are," Amy Cuddy (2012) shares research that indicates certain power poses that expand our physical selves (think Wonder Woman or raising your hands high in the air while standing with your feet shoulder width apart) actually raise testosterone levels while lowering cortisol levels. Conversely, powerless poses that make us smaller such as sitting with your legs crossed and arms folded actually lower testosterone levels and raise levels of cortisol. She highlights her talk with the following mantra:

*Our bodies change our minds,
Our minds change our behaviors,
Our behaviors change our outcomes.*

Perfect.

All this originates with the brain/body connection. Trying to create a well-balanced and influential life without a clear vision of this relationship is a bit like driving to a new destination without directions. You might arrive, but it will be later rather than sooner. Each morning I make a renewed commitment to powerful thought and purposeful physical activity, knowing that it will make or break my day based on the reality created by both my body and brain . . . together. I encourage you to do the same. You will become an even better teacher, role model, and influencer for your students.

 REFLECTION

Take a moment to reflect on the brain/body connection in your own life. What are the thoughts that hold you back and create stress? What are the thoughts that push you forward and create feelings of flow and joy? How have you used your body to purposefully make yourself feel better?

Write your response here:

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EMBRACING THE PHYSICAL LIFE DOES MUCH MORE THAN RAISE YOUR LEVEL OF FITNESS

I recently delivered a keynote to a group of physical education professionals. The focus of the talk was the significant nature of a physical educator's influence that had little to do with fitness and health. Instead, it has everything to do with the surprising benefits of embracing the physical life for reasons that underscore the importance of moving or being active for a successful life. I'd like to share a short excerpt here.

I am here today to talk with you about the soul of physical activity, and that is emotion. All of us . . . are . . . our . . . emotions. Emotions are the driving force behind all our lives. Rarely do we do anything without trying to change the way we feel. Rarely does anything happen to us without it changing the way we feel. And where there is motion and physical activity, there is emotion, and that is what has, in large part, pushed my life forward. When we talk about emotion, when we think about emotion, and as I look back over my life, there have been two or three instances, pivotal moments in time, where my life changed dramatically in new, unimaginable ways. And I'm not being overly dramatic. As I look back with the benefit of hindsight, hopefully some wisdom, and definitely age, each one of those instances was preceded by a physical challenge and a physical success; my definition of success. It's been amazing to go back and witness.

I was not a good student. In fact, I barely graduated from high school. This best-selling author got two Ds and two Fs his senior year in English and had to pass photography just to have enough credits to graduate. By the skin of my teeth, I passed English, graduated, and went on to college as a miserable business major. I was bad at that, too. During my first two years, in college my lowest GPA was a 1.57. My highest semester was a 2.2. You have to actually work to get grades like that.

But while all this bad was happening academically, something really wonderful was happening in another part of my life. The earth was moving beneath me. This kid, who graduated from high school at about 5'8" and 140 lbs., found a weight room. My life changed forever. For the first time in my life, I had a sense of direction. For the first time in my life, I had a dedication I had never known before. For the first time in my life, I had a discipline I'd never known before. And for the first time in my life, I had a desire I had never known. I had a newfound confidence. I liked the way I looked, I liked the way I felt, I held myself differently, I walked differently, felt better, and had a new motivation that was driving my life forward. In fact, I entered my first and only two bodybuilding competitions at ages 19 and 20. Though I was a very average competitor, what I was gaining from this experience was amazing. I was learning how to manipulate my body through weight training and nutrition. Current research reports that I was most likely getting smarter as weight training is showing some of the same benefits as aerobic activity with regard to cognition. I now had momentum in my life that was very physical. I was pushing hard, pushing forward, becoming more disciplined and motivated in all areas of my life, and less than four months after my final bodybuilding competition, at the height of my newfound dedication, my newfound discipline, and my newfound motivation, the unthinkable happened . . . I became a music major.

You might be saying "so"? The thing is, I was almost twenty-one years of age and had never played or read a note of music. During this period of time, I transferred to a new university. After another poor, and what felt like wasted, first semester, I had another problem. I couldn't get into my upper-level business courses because I hadn't passed the required computer course. At my previous institution I either got Ds or Fs, so those courses didn't transfer. Back then, a computer course meant taking COBOL or Fortran. What? Fortunately

for me, taking a computer course had recently turned into personal computing with IBM computers and floppy disks bigger than my head. I was actually able to handle that, but it also meant that I had a spring semester where the only course I could take was that single computer course. Instead of looking for a job, I opened up the course catalog and searched. I actually thought, “You know what? I like music more than most people,” so I signed up for a 20th-century music course because I thought it was going to be about the Beatles, Led Zeppelin, and the Rolling Stones. Hmm . . . turns out it was about Stravinsky, Copland, and Rimsky-Korsakov, but to my surprise, I liked it. I then decided to register for an Introduction to Music course, and within about a month, I fell in love.

I marched into the music department chair’s office and told her that I wanted to be a music major, and she asked what I played, and I said “nothing,” of course. Hiding her shock and amusement, she eventually relented, and I had to choose an instrument. This is still embarrassing to admit, but I liked the way the saxophone sounded and also liked the way it looked on Rob Lowe in *St. Elmo’s Fire*. I was hooked. Over the next two years, I earned a BA in music and never got below a 3.5 GPA. All this success I was now having I could trace right back to the momentum that was created from my physical life—the dedication, discipline, desire, and motivation. I was still in the gym five days a week and began running as well.

After a year of working and studying the saxophone privately, I made the single best decision of my life, although I didn’t know it at the time. I left my family, my close-knit group of friends, and my comfort zone—because that is where the juice of life is lived. I love the quote “To get to the fruit of the tree you have to go out on a limb.” So, at age twenty-three, I moved 2,000 miles away from Pennsylvania to Colorado. I earned a master’s degree in music education and a teaching certificate at the University of Northern Colorado. Colorado was where my teaching career began, where I met my wife, and where my twins were born. It was the best nine years of my life. All of it—this newfound success and happiness—I credit to the momentum created by my physical life.

There are many more instances where my physical journey profoundly influenced my life’s success. In my view, the greatest of these was a decision to participate in the Broad Street Run, a ten-mile road race down Broad Street in the great city of Philadelphia. This journey, from never having run more than four miles to preparing for a ten-miler over an eleven-week period, changed me. Once again, the dedication, drive, discipline, and desire that was required of me supercharged my daily living. On race day, surrounded by 25,000 other runners, I experienced a tenth and final mile that was by far my fastest. As I sprinted across the finish line in front of thousands of cheering people, at forty-four years of age, I felt like I could do anything I set my mind to. That is power. If I could take on this physical challenge and dominate it, I could do anything. My nervous system was becoming hardwired to believe that if I could take on a physical challenge and experience success that it would transform the rest of my life—my emotional life, my intellectual life, my professional life, my academic life, and my social life. I was now beginning to use that physical momentum to purposefully power forward.

Armed with that level of energy and motivation, less than eight months after the Broad Street Run, I had written my first book—*The Kinesthetic Classroom: Teaching and Learning Through Movement*. It became a best seller and was a game changer for me personally. Not only was it professionally significant and satisfying, but also conferences that weren't even letting me present were asking me to keynote. I was traveling the United States doing professional development, and just a few short years later, I was traveling all over the world. Not only did my life change dramatically once again, but I was also living the life of my dreams. I traveled to places I would have never visited and experienced amazing things in places like Johannesburg, Tokyo, Kuala Lumpur, Manila, and Barcelona. It was a new level of living, a new level of joy, and one that could all be traced back to my physical life—the physical challenge and the physical success.

AMBER'S BROAD STREET STORY

At one time, the race website contained personal narratives of the “Broad Street” experience. One in particular, the story of Amber, stood out. I was so moved that I immediately contacted her, and with her permission, would like to share her race story with you:

I was a smoker in high school and college. When one of my dearest friends was diagnosed with breast cancer, I threw the cigarettes away and tried frantically to think about what I could do to help her. I decided to run the Race for the Cure, another great event to fight cancer, in 2001. Having never run a step in my life, I trained hard. I was sore, coughing, and miserable for months. But I did it. I raised 500 dollars to fight breast cancer that year and got hooked on running.

A few years later I stood at the top of Broad Street in a sea of people, feeling very alone and scared. My heart felt like it was in my mouth as I crossed the start line. I remember passing the “Abominable Slow-Men” and laughing so hard I almost cried. I also saw a man running the race, juggling. I thought about my friend Maria, and how she inspired me. She just had her five-year cancer-free “birthday.”

The theme from Rocky carried me into the Navy Yard. I was a back-of-the-pack finisher, arms held high, as if I was the first one to cross that line. I was barely able to walk down steps for two days, but strangely enough, Broad Street 2007, here I come again!

To those who think they cannot do this, you are wrong! Find your strength, what matters to you, and do it. I will be there, somewhere in the ten-minute mile pack, waiting with you at the top of Broad Street, and crossing with you at the Navy Yard.

Amber's “Broad Street” run turned out to be just another stepping-stone in her journey. She went on to run the 2007 Philadelphia Marathon. For those of you who don't know, that's 26.2 miles. As for her friend Maria, she remains cancer-free, and despite doctors telling her she would never be able to have children, her bundle of joy is three years old.

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Amber's act of love inspired her to change her life through fitness. Bruce Barton perfectly describes her unselfishness:

Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance

If you could harness the power that the physical life has to offer to change your existence radically, would you take advantage? Why would you not?

I always loved running . . . it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs.

Jesse Owens

REFLECTION

Take a moment to reflect on physical activity in your life. Has there been a time when the momentum from moving pushed your life forward with vigor? Created a new success? If not to date, how might physical activity support your endeavors?

Write your response here:

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FOR YOUR INFORMATION!

Research on physical activity indicates the following:

- Just a small amount of movement increases dopamine and norepinephrine—neurotransmitters that aid attention and focus (Ratey, 2008).
- Exercise in midlife is connected to better brain health in late life (Palta et al., 2021).
- Physical exercise may do more to prevent cardiovascular disease than previously known (Ramakrishnan et al., 2021).
- Just eleven minutes of physical activity a day can boost your life expectancy (Ekelund et al., 2020) and counter the effects of sitting.
- Physical activity has been shown to increase neurogenesis or the creation of new brain cells (Ratey, 2008).
- Physical activity lessens the symptoms of stress, anxiety, depression, ADHD, addiction, hormonal changes, and dementia (Ratey, 2008).
- Physical exercise improves mood and boosts happiness (Fisher, 2020).

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Aerobic exercise—such as walking, jogging, swimming, and cycling—lowers blood sugar and insulin levels, blood pressure, reduces stress, and raises good cholesterol. Physically active people also enjoy better bone, lung, and heart health and have an easier time managing their weight. But these are all side effects. The true beneficiary of aerobic fitness is your brain. Dr. Ratey (2008) says that exercising is like taking a little bit of Ritalin and a little bit of Prozac without the side effects. When the body moves, the brain naturally balances its neurochemicals. That is why it feels so good when you finish a walk, bike ride, or swim, especially after feeling high amounts of stress. All of us experience periodic stress. Thankfully, our bodies are well-equipped for the challenge. Unfortunately, chronic stress has become characteristic of modern life, and that is problematic. The good news is that any aerobic activity is an effective stress manager. How could it not be? Swimming, running, cycling, or hiking demand our focus and attention. It epitomizes living in the moment, where stressful thoughts are not allowed. On a biological level, exercise puts your body in a stressful situation, and in short doses, is not only healthful but necessary. I look forward to my workouts in part because I know I will experience active stress relief. You could equate exercising with receiving a low-dose vaccination. Exercising in response to stress is a simple and effective way to raise your body's ability to deal with the pressures of everyday life. As with meditation or deep breathing, exercise calms the body, making it possible to manage greater levels of turbulence.



HIGH-PERFORMANCE ACTION!

Try this simple experiment:

The next time you feel overwhelmed by stress, hit the road, jump in the pool, or get on your bike, and don't stop for thirty minutes. When you've finished your workout, notice what has happened to your stress levels. They should have lessened or completely vanished. It is real, it is biological, and it can always be counted upon.

I entered my fifth decade in 2015, and it has not been without some significant physical challenges. In the past five years, I've experienced spine surgery (a microdiscectomy and laminectomy), a significant fall from my mountain bike (I had to be carried to the car on the way to the emergency room), the removal of two lipomas, and Covid-19. While these challenges set me back for unusually long amounts of time, I never strayed from moving every day that I was able. Physical activity is what rescued me from every setback. As you age, the less you tend to move and the more stiff and sore you become. I do not dare tempt a life without being physical. There is just too much at stake.

Are you aware of *anything* else available to us that can so positively impact our health, productivity, life expectancy, brain health, and motivation? *Can you make any other conclusion than regular physical activity is a miracle of life?* Yet, to paraphrase neurokinesthesiologist, Jean Moize, "we live in a culture of sitness versus fitness" and Dr. John Ratey, "we are literally shriveling our brains because of it."

How will you begin to move?

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REFLECTION

In a perfect world with fewer time commitments and fewer ailments, aches, pains, and health challenges, what exercise(s) would you choose to perform on a daily basis? For how long? What pleasure do you gain by not exercising regularly? What pain do you experience when you do exercise regularly? What will it cost you and your loved ones if you remain sedentary?

Write your response here:

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EXERCISE IS LIFE'S FIRST ANSWER TO THIS ESSENTIAL QUESTION: HOW DO I CREATE A LIFE WORTH LIVING?

Edward Stanley says it this way:

Those who think they have no time for bodily exercise will sooner or later have to find time for illness.

Far too many people test his theory. All you aspire to be is jeopardized through an inactive lifestyle. Exercise provides a better brain, body, and perspective, which make you more effective. It is simplistic at its core, yet remains elusive for many.

Jack LaLanne remains one of my personal inspirations. For more than eight decades he dedicated himself to a life of fitness. I would like to share a few of what have become affectionately known as LaLanneisms:

- Your waistline is your lifeline
- Exercise is king, nutrition is queen, put them together and you've got a kingdom
- People don't die of old age, they die of inactivity
- Do—don't stew

At age forty, Jack swam the length of the Golden Gate Bridge underwater with 140 pounds of equipment, including two air tanks. At age sixty, he swam from Alcatraz Island to Fisherman's Wharf while handcuffed, shackled, and towing thirteen boats containing seventy-six people. And, at eighty, he received the State of California's Governor's Council on Physical Fitness Lifetime Achievement Award. Right up until his death at age ninety-six, he lived by this motto: "I can't die, it will ruin my image."

It is never too late.

It's an act of love to take care of your body.

Louise Hay

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I am often asked a prefaced question: If I have thirty minutes, several days a week, to dedicate to exercise, what activity would provide the most benefit? For me, the answer is simple: something aerobic. There are so many wonderful ways to invigorate yourself through exercise, but walking, swimming, running, cycling, and so on provide the most quality return on your investment of time. If you are making a new decision to become regularly physically active or to reignite your past exercise practice, I suggest you heed the words of Thomas Jefferson:

Of all exercises walking is the best.

Thomas Jefferson

SIMPLY . . . WALK

Walking is a near-perfect form of exercise. It allows for flexibility of schedule and location. It builds your aerobic capacity and easily allows for increasing intensity by traveling longer distances or moving more quickly. I know of a man who, in his fifties, was determined to walk a half-hour each day. He accomplished that goal and eventually walked a marathon! This practice can also lead to other activities, like slow jogging. If you can slowly jog around the track once, it can lead to slowly jogging around the track twice. By adding one lap every two weeks you'll be ready for your first 5k run in about three months! What a tremendous accomplishment! Your first day of walking is no different from your tenth year of running; you must continually challenge yourself to make progress.

WHERE ARE YOUR SNEAKERS?

A limit on what you will do puts a limit on what you can do.

Dexter Yager

I write this first chapter hoping to move and push you, motivate and excite you, challenge and ignite you through stories, research, and even your own reflections so you are more equipped to push through self-imposed limitations and roadblocks. By engaging in the physical life, you'll renew yourself and be better for your students each and every day. Here is a simple truth about fitness: No matter your shape, size, or condition, you can change your life today through exercise. Its immediate benefits will have your body singing with joy!

To get you started I offer you the following:

10 SIMPLE HINTS AND TIPS

1. Exercising must be scheduled. No appointment is more important.
2. Proper workout attire is a must. For example, if you are a novice walker/runner, being properly fitted for shoes is critical for both comfort and safety.

3. Balance your fitness plan. Yoga is a great example of incorporating flexibility, strength, and endurance all at once!
4. Vary your workouts, and change scenery often. It will help you stay motivated and fresh.
5. Make sure to drink plenty of water—there is a direct correlation between peak athletic performance and hydration.
6. You must continue to challenge yourself. The body plateaus quickly.
7. Preworkout warm-ups and post-workout stretching go a long way in preventing injury.
8. Fitness and supportive nutrition go hand in hand.
9. People who listen to music while they exercise are more likely to exercise and less likely to quit.
10. A workout partner can make a big difference.

Apocrypha said, “A faithful friend is the medicine of life.” Truer words have not been spoken. Through the years, I have had the great pleasure of exercising with many different friends, which brings certain gifts to the table. Being responsible to someone else is naturally motivating and helps ensure safety during a workout. The achievement of goals, and the setting of new ones, renders greater satisfaction when shared. Most importantly, a workout partner can provide that gentle nudge when needed. I have nothing but sincere gratitude to all those individuals who have supported, pushed, and encouraged me. We’ve shared mostly laughter but also a few tears; mostly progress but also a few setbacks; but most importantly, we’ve shared shoulders to lean on when the last mile seemed impossible.

The long road becomes shorter when shared with a friend.

VARY THE ENVIRONMENT

I once heard a personal trainer tell a client that “balance was the key to fitness.” That was a great lesson for me. Since that day, nature has become a true inspiration. I look forward to finding new ways to experience the outdoors and be true to my fitness goals. As important as it is to balance your fitness needs between muscular strength, endurance, and flexibility, it is equally important to vary workout venues. Every autumn, I kayak in Blue Mountain Lake, which is nestled in the Adirondack Mountains of New York. My mind cannot dream of a more beautiful setting. Blue skies, brilliantly colored trees, and crisp air provide a scene that is at once both serene and motivating. I give great thanks that I can be physically active and enjoy such beauty at the same time. I call it “peaceful exertion.” I’ve learned to appreciate that exercise need not be confined to a fitness center but can be experienced on trails, in lakes, and on mountaintops.

REFLECTION

It is now time to use your greatest of personal powers—to make a decision and to act. You might be a regular exerciser, someone who used to exercise more frequently, or someone who has never exercised at all. It doesn't matter! All of us can choose to act now to become more physically active to be better at life and better for our students—to become a Peak Performing Teacher. What are you committed to doing today? If not today, then tomorrow by the latest? What form of physical activity/exercise will you commit to? Can you commit to daily exercise even if it is only fifteen minutes in duration? What time of day? How much time will you spend performing the exercise? Will you ask a friend to join you? What equipment will you need? Will you make use of music? Planning to exercise is one thing, but scheduling it makes it real! Please be detailed in your response.

Write your response here:

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THE BENEFITS DON'T STOP AT SCHOOL (A WORD ABOUT THE PHYSICAL CLASSROOM)

When you make the decision to enjoy the physical life, it will have an immediate impact on your students. Not only will you have more energy, stamina, and inspiration, but you'll also serve as a role model for a generation of children who have been plagued by fast food, obesity, lack of fitness and physical activity, and ever-increasing screen time. There is almost no more powerful yet subtle role in which you'll serve your students. If you don't exercise for yourself, do it for them. If your life is currently not as physical as it could be, think about your students. Would you want them to experience the physical life? Could it benefit them socially, emotionally, and academically? In fact, you might consider immersing them in a physical classroom.

Learning doesn't happen from the neck up, it happens from the feet up.

Creating a physical or kinesthetic classroom has many educational benefits. It represents the brain/body connection in real time. A large part of my professional career has been spent educating teachers and administrators about the benefits of creating a kinesthetic classroom. Aside from an increase in the joy of learning, physical activity in the learning ecosystem also promotes the following:

- Differentiation
- Motivation
- Reduced sitting time
- Stress reduction
- Attention
- Retention
- Executive function development
- Management of learning states

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- Sensory engagement
- Implicit learning
- Episodic memory
- Classroom management through the meeting of basic human needs

In our 2010 book, *The Kinesthetic Classroom: Teaching and Learning Through Movement*, Traci Lengel and I proposed a six-level framework for using physical activity to enhance the teaching and learning process. The framework includes the following:

1. Preparing the brain to learn, which promotes activities that specifically ready the brain for learning
2. Providing brain breaks, which gives students a short break from content to refocus, raise alertness, and re-energize
3. Supporting exercise and fitness through one-to-five-minute intense bouts of heartrate raising physical activities to support physical fitness and alertness
4. Creating class cohesion to build community, collaboration, cooperation, and an emotionally engaging classroom climate
5. Reviewing content through unique and engaging physical activities that involve all learners
6. Teaching content to engage the brain through more implicit learning opportunities by taking advantage of the way the brain learns naturally through emotion and movement

What we often miss out on in classroom instruction is creating the best learner possible to deal with large amounts of content. While there are many factors beyond your control, you can create better learners instantly through the use of movement in the teaching and learning process. Creating a classroom based in physical activity will also serve as a critical example to your students of the power of movement and the fact that it does impact every area of their lives—that your physical life is critical to your academic life; that your physical life is critical to your emotional life; that your physical life is critical to a successful life. The younger students learn this, the better the chance that it can impact them for a lifetime. The more physically active you are in your own life, the more likely it is you'll bring a physicality to your teaching. The brain/body connection is always in play in every classroom no matter the age of the student. The more we know about it, the more we can take advantage of it in our teaching.



REFLECTION

How can you be more of a role model for your students regarding the physical life? What can you do to create a more physical classroom?

Write your response here:

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