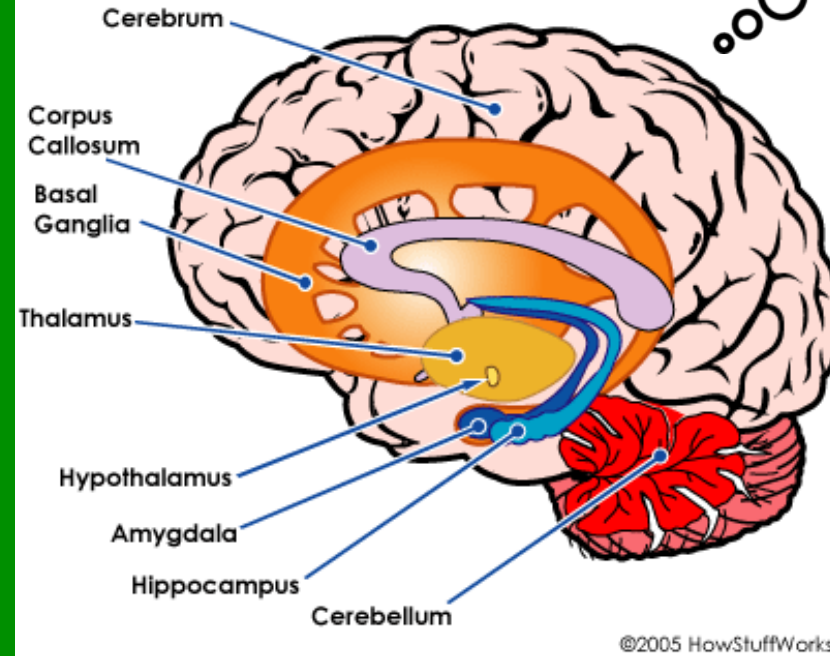




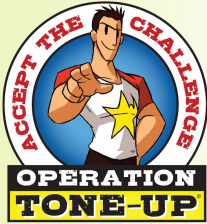
Operation
Tone-Up
Please!!

Basal Ganglia and Limbic System



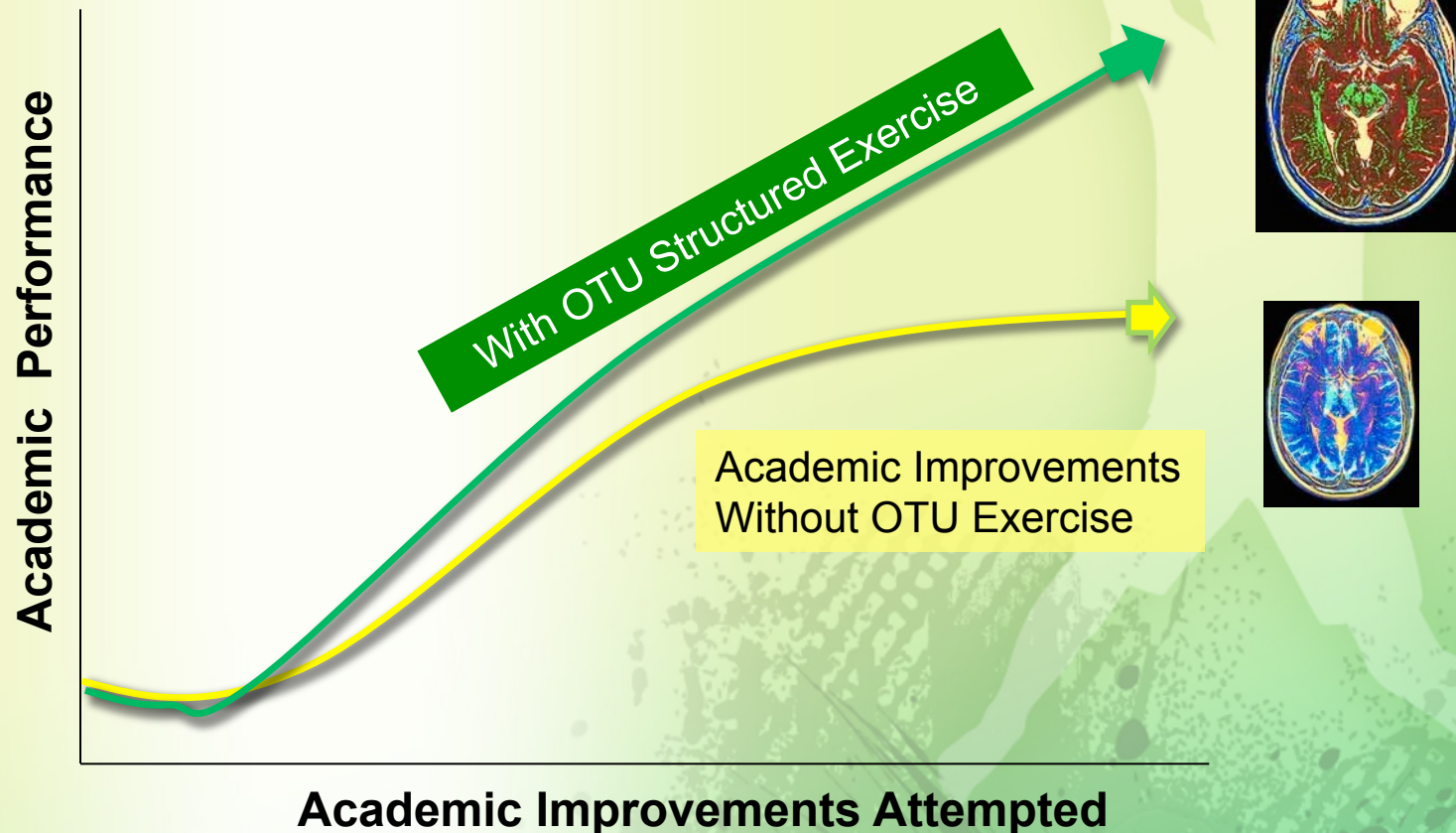
AHA!

How Operation Tone-Up Improves
Academics, Health & Attendance

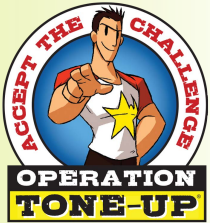


Accelerate Academic Performance & Prevent Plateauing

Improve Academic Performance in Ways that Academics-Only Approaches Cannot:
Boost the Body → Boost the Brain



Source: Chaddock et al, Edwards et al, Hollar et al, Geier et al, Johnson, Schools with OTU

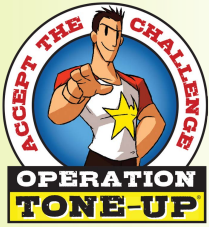


The **AHA!** Moment on Aerobic Exercise

OTU Improves **A**cademics, **H**ealth & **A**ttendance

(The Key: OTU Structured Rigorous Regular Aerobic Exercise)

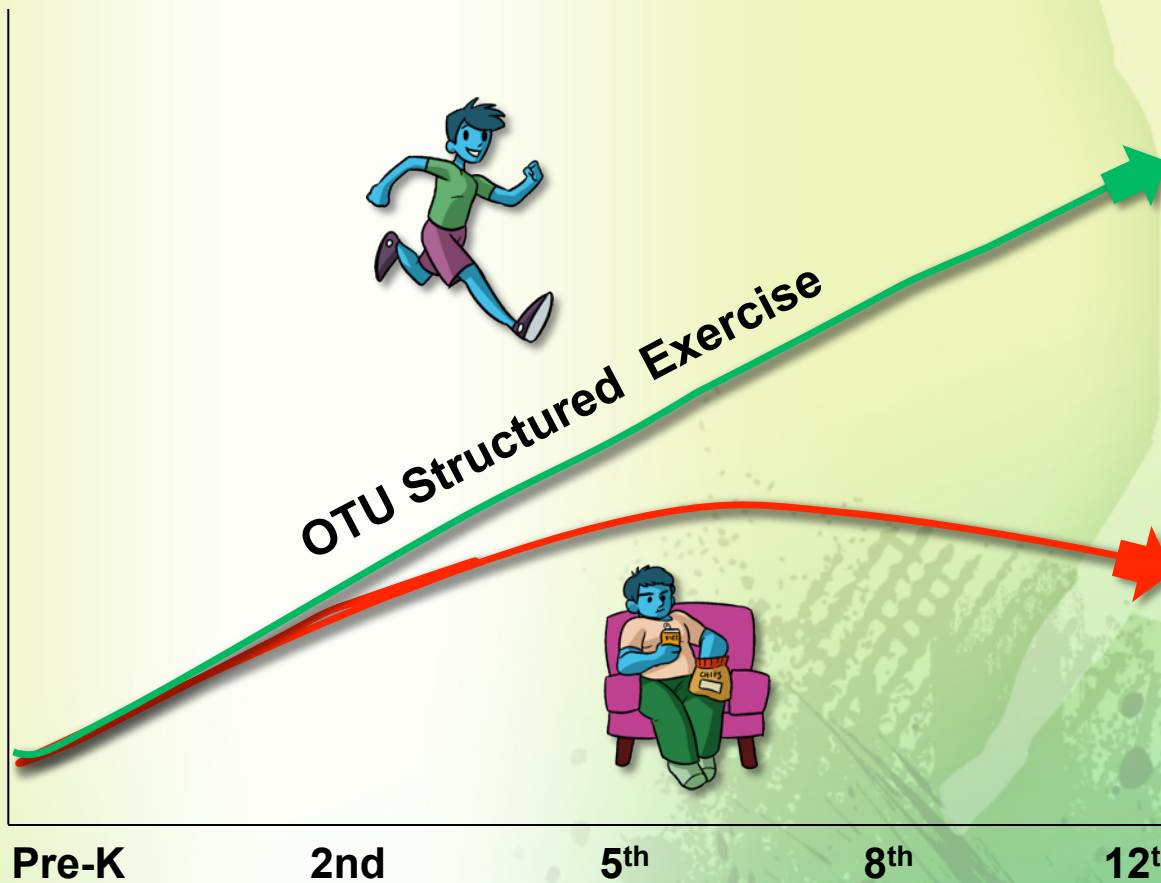
Student Impact	Details	Evidence	Benefits
Brain Capacity & Performance	<ul style="list-style-type: none"> - Expand <i>Hippocampus, Basal Ganglia</i> (memory/ relationships, cognition) - Memory & Cognitive Abilities - Attention & Focus - Reading, Writing, Math Grades - Test Scores 	<ul style="list-style-type: none"> - <i>Chaddock et al</i> - <i>Edwards et al</i> - <i>Hollar et al</i> - Schools with OTU 	<ul style="list-style-type: none"> - Academics - Attendance
Mental Health	<ul style="list-style-type: none"> - Expand <i>Basal Ganglia</i> (behavior/motivation) - Classroom Discipline - Self-image/Confidence/Self-esteem 	<ul style="list-style-type: none"> - <i>Chaddock et al</i> - <i>Geier et al</i> - Schools with OTU 	<ul style="list-style-type: none"> - Academics - Health - Attendance
Physical Health	<ul style="list-style-type: none"> - In Class More, Learn More - Greater Strength/Endurance - Lower Blood Pressure - Healthier Heart 	<ul style="list-style-type: none"> - <i>Geier et al</i> - <i>Johnson</i> - Schools with OTU 	<ul style="list-style-type: none"> - Academics - Health - Attendance



Destiny by Adolescence

If Obese @Ages 10-13, 80% Chance Obese as Adult*

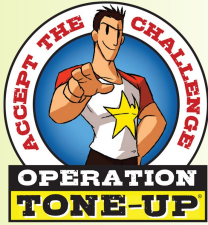
Attendance & Success in School & Life



- Better academically
- More confident
- Healthier
- Excellent attendance
- More employable

- Worse academically
- Less confident
- Unhealthier
- Absent/dropping out
- Less employable

*Source: American Academy of Child & Adolescent Psychiatry



6★FIT KNOW YOUR NUTRIENTS

- Nutrition Knowledge Reinforces Exercise
- Empower Students with Knowledge of Top 6 Nutrients
 - Carbs, Water, Protein, Fat, Vitamins & Minerals
 - What Nutrients are
 - What they Do for You
 - How You Use Them to become Healthy and Strong:
 - Have Energy
 - Focus, Retain and Recall Data
 - Build Muscle
 - Fight Disease
- Empowered Children go Home and get their Families Healthy, too





AHA!

Operation Tone Up's Return on Investment



Enhanced Academic Performance



Better Health



Improved Attendance



References

Compelling Research-based Evidence: Structured Rigorous Regular Aerobic Exercise Improves Academic Performance, Health & Attendance

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The Choice is Yours.

