



SUPER BODY, SUPER BRAIN SCHOOL PROGRAM

1.OVERVIEW

American children are facing a national health crisis. Sixteen percent of children and adolescents age 6-19 are overweight. The number of overweight children has doubled and the number of overweight adolescents has tripled since 1980.

Over the last 15 years, diabetes type 2 has increased dramatically in children and adolescents and is linked to the raise in childhood obesity. Individuals with this condition are at a high risk for cardiovascular problems later in life.

In the United States, diabetes type 2 is more common in Native American, African, Hispanic and Asian- American children than the general population.

2.SCHOOLS TREND TO REDUCE HOURS DEDICATED TO PHYSICAL EXERCISE. CONSEQUENCES

The increase of diabetes type 2 in children is correlated to a progressive reduction in the number of hours dedicated to physical exercises in schools.

Therefore, Just like there are specific programs and curricula for math and science we must implement specific programs and curricula for Physical Education. Simply having students play soccer or run around the field has been shown to be ineffective in fighting this current health crisis. The program needs to benefit students individually.

Therefore schools need to implement a successful exercise program aimed to improve children's health and physical conditioning.

The programs would be integrated with the current physical programs in schools, meaning that if a school already dedicates some time to physical education we will make that time more effective implementing a new physical program.

3. SUPER BODY, SUPER BRAIN PROGRAM SEVERAL BENEFITS

SUPER BODY, SUPER BRAIN program for Schools is a physical education program that has been endorsed by several experts in the medical field such as John Martin, (PhD Columbia University, specialist in the Motor System) or Dr Gregory Lombardo (Md Child Psychiatry). **SUPER BODY, SUPER BRAIN** will design and tailor programs for the different schools to improve children's health and physical conditioning. The program will consist of over 100 different progressive exercises structured in a 6-8 month program

SUPER BODY, SUPER BRAIN Program for Schools. Benefits

The benefits of implementing **SUPER BODY, SUPER BRAIN** will fall into three groups:

3.1 Motor Skills:

Motor skills refers to the abilities which involve the use of **hands**, develop over time, starting with primitive gestures such as grabbing at objects to more precise activities that involve precise hand-eye **coordination**. Fine motor skills are skills that involve a refined use of the small muscles controlling the hand, fingers, and thumb. The development of these skills allows one to be able to complete tasks such as writing, drawing, and buttoning. *

SUPER BODY, SUPER BRAIN incorporates an active use of motor skills. The importance of exercising balance and coordination may help improve children's brain functioning in the following areas: attention, memory, multitasking, spatial memory and decision-making. For example raising heels and arms at the same time will improve kids' attention and multitasking skills. This could correlate to listening to the teacher and writing in a piece of paper)

*Wikipedia, Encyclopedia. Search:Motor skills.
Website: http://en.wikipedia.org/wiki/Fine_motor_skill

3.2 Psychiatric Benefits and Benefits in Academic Function

Improving children's brain functioning through specific exercise movements.

Regarding brain functioning, it is important to refer to the cerebellum, the area of the brain responsible for voluntary physical movement is connected by neurons to all parts of the cortex, the area of the brain responsible for higher order thinking. Nearly 80 studies have suggested a strong link between the movement and memory, spatial perception, language, attention, emotion, nonverbal cues, and decision-making (Jensen, 1998).

A number of studies also indicate that children suffering from even subtle forms of Bipolar Disorder have difficulties integrating the cognitive function of the left with the right hemisphere. This is also thought to be true for children with dyslexia and dysgraphia, conditions that powerfully affect a child's scholastic function and their self-esteem.

*An essential feature of **SUPER BODY, SUPER BRAIN** is to improve the integration of motor activity carried on between the left and right hemisphere. This cannot help but improve problems with visual integration and with fine motor coordination and sensory-motor coordination, yielding improvement in some children's reading and writing (both in the sense of handwriting and in the sense of composition).*

3.3 Cardiovascular Benefits

Cardiovascular benefits seen with any regular aerobic exercise are particularly important in school age children.

Among children Type II Diabetes caused by decreased physical activity and poor nutrition leading to obesity has reached epidemic proportions. When a child experiences improper weight gain (because of larger amounts of circulating growth hormone) the child increases the number of fat cells rather than their size (as is the case with adults). Consequently, hyper-cellular obesity is especially hard to reverse later on in life.

***SUPER BODY, SUPER BRAIN** improves cardiovascular function and glucose metabolism while a child is focused on another goal, removing the burden of shame that can accompany explicit attempts at weight management*

This section has been reviewed and endorsed by Gregory T. Lombardo MD, PhD, Adult, Child and Adolescent psychiatrist; author *Understanding the Mind of Your Bipolar Child*, St. Martins 11/2006; doctor of English and Comparative Literature, Columbia University; and former teacher of writing and English literature at Columbia College and at The Trinity School N.Y.C.

4. SUPER BODY, SUPER BRAIN PROGRAM HAS BEEN ENDORSED BY NATIONAL AND LOCAL MEDIA.

*Michael Gonzalez-Wallace's innovative fitness program **SUPER BODY, SUPER BRAIN** incorporates intense brain activity through balance and coordination movements to improve concentration and attention while performing hundreds of challenging exercises.*

Michael Gonzalez-Wallace has recently been awarded from the Governor of Minnesota, Tim Pawlenty for its unique program. His innovative exercise program is presented to a vast audience of viewers and readers throughout USA.

***SUPER BODY, SUPER BRAIN** has been featured in different media sources such as *The Washington Post*, *The Chicago Tribune*(online edition), *O* (Oprah magazine), *ABC Eyewitness News*, *Fox & Friends*, *CNN Headline news*, *Prevention* or *Fitness magazine*.*

*Children covering media news include: *Teens news* (National show, FOX & Friend, release date to be announced), *Atlanta Parent*, *Raising Arizona Kids*, *Charlotte parent*, *Central Penn Parent**

5. SUPER BODY, SUPER BRAIN PROGRAM -OVERVIEW

Length of the program;

- Duration: 6-8 months
 - Initial Results after 10 weeks
 - Session duration: 20-30minutes (for youngsters time will be reduced)
 - Frequency: 2-3 times per week
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1Expected Goals (initial results after 10 weeks)

- Improvement of motor skills (balance and coordination)
- Blood pressure (reduction)
- Fitness Heart (Reduction of resting heart rate)
- Improvement in children's attention
- Improvement in concentration
- Improvement in multitasking
- Improvement in learning and memory
- Improvement in Cardiovascular functioning
- Weight loss (if necessary)
- Increase strength and stamina
- Body fat reduction
- Kids will benefit individually from the program
- Apply the principle of individual differences if necessary
- For special ed, the program will be slightly modified

6.STAGES OF SUPER BODY. SUPER BRAIN PROGRAM FOR SCHOOLS

6.1Design stage:

- Define the goals of the program
- Design the different exercises
- Select the most effective exercises to improve children's health.
- Design specific exercises to focus in the cardiovascular system
- Select the most effective exercise for each grade
- Apply the individual differences if necessary

6.2Implementation stage:

- 3 weekends seminars. Interactive seminar with educators, parents and kids
- Once that the exercises have been designed and approved we will select the schools and implement the system
- Brainstorming with the educators
- Professional development
- Community development

- Observations

6.3 Monitoring stage (Optional:)

Bimonthly monitoring Optional. In the case of been applied it should be coordinated with the school nurses or school doctors.

Monthly Regular readings of blood pressure, resting heart rate, weight and body fat are recommended



Package;

✚ PROFESSIONAL DEVELOPMENT:

- TRAINING DIFFERENT EDUCATORS (8 HOURS), WEEKDAYS
- 2 HOURS FORMATION, 2 HOURS PRACTICE, 2 HOURS MODELLING, 2HOURS EXAMS AND MONITORING

✚ DESIGN AND IMPLEMENTATION STAGES

✚ VISUAL MATERIAL OF DIFFERENT MOVEMENTS (aprox 200 MOVEMENTS)

✚ VISUAL MATERIAL EXPLAINING THE DIFFERENT PARTS OF THE ANATOMY INVOLVED IN EACH EXERCISE

✚ COMMUNITY EDUCATION (BILLINGUAL ENGLISH/SPANISH IF INTERESTED) 4 SEMINARS WITH PARENTS AND CHILDREN, 1 HOUR EACH)

✚ COMMUNITY EDUCATION CLASSES EXHIBITS (CLASSES WHERE FAMILIES WILL BE EXERCISING TOGETHER PROMOTING FAMILY INTERACTION)

✚ WEBISTE CONTENT:SCHOOL'S WEBSITE INTERACTIVE FORMATION FOR CHILDREN,FAMILIES AND EDUCATORS.GAMES,

✚ EVERY 2 WEEKS FOR THE FIRST 2 MONTHS: CONFERENCE CALLS WITH EDUCATORS (8 CONFERENCE CALLS, AFTER THAT ONCE A MONTH)

❖ OPTIONAL:

NUTRITION SEMINAR FOR FAMILIES (optional)

NUTRITION BOOK FOR THE SCHOOL (optional)

NUTRITION material will be provided by a registered Nutritionist, RD COLUMBIA UNIVERSITY)

PROGRAM FEE: contat Michael Gonzalez-Wallace 646 251 4763

Extras: Travel and expenses

RESILIENCE-NMPST,LLC is a limited liability company owner of the Brain Muscle Workout Program. Founder: Michael Gonzalez-Wallace

SUPER BODY, SUPER BRAIN™
by Michael Gonzalez-Wallace

MICHAEL GONZALEZ-WALLACE'S
Brain-Muscle Workout *part 1*
Live from Central Park NY

SPANISH/ENGLISH
VERSION

2 workout levels

Level 1 - "The Owl"
Level 2 - "The Hawk"

+
Original Fitness
music by
Ear

Dvd Book and more...

*The Workout that
does it all*

As seen in 'O Magazine'

Awarded Fitness Trainer
Founder "The Brain Muscle Workout"
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