

Fitness Finders.

Light Up Your Brain with Exercise



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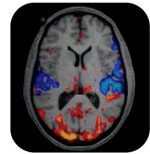
Did You Know?

Multiple studies, in the last decade, show that aerobic exercise is an effective way to improve children's brain and cognitive function over time.

A single session of moderate aerobic exercise also improves working memory on tests.

What the Science Community is saying

"fMRI (functional MRI), which measures brain activation via oxygenated blood flow, shows that areas of the brain actually "light up" after exercise."



This increase in brain function helps immediate tasks, and also trains the developing brain to grow more connections where it is being used (a training response) for future benefits.

Learn more at lightupyourbrain.net

Ready to Increase Student Activity?

Mileage Club. is a system of regular physical activity for your school, creating a healthier culture.

Benefits:

- Learning Readiness
- Stress Management
- Emotional Regulation
- Cardiovascular Health
- Personal Empowerment

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