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Harvard prof sparks bodies and brains to get moving

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A Harvard University medical school professor will get Barrie Central students thinking about better grades and better health.

Dr. John Ratey, author of SPARK: The Revolutionary Science of Exercise and the Brain, will launch the Phoenix Action for Life Movement (PALM) at Central today.

“It is our goal to be catalysts for change in advancing healthy lifestyles in our entire community,” said Barrie Central principal Russ Atkinson.

“We believe this project will have an enormously positive impact on our students, their families and indeed the entire community.”

The PALM proposal is the joint effort of vice-principal Linda Kuehr and the YMCA’s Nina Robitaille. It received health unit support.

Now, the project is looking for \$50,000 from the Heart and Stroke Foundation to support two years of research and community education.

Ratey said in the American Journal of Play, Winter 2009 edition, “There is abundant evidence that regular physical activity benefits the brains and bodies of school-aged children.”

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