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John J. Ratey speaks on the benefits of exercise.

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ADD/ADHD Scientific Discussions This section is ONLY for ADD/ADHD-related Scientific and Academic discussions.

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02-17-11, 10:02 PM #1

Phantastic

Member

Join Date: Dec 2008
Location: Epoché
Posts: 98
Blog Entries: [24](#)
Thanks: 199
Thanked 99 Times in 49 Posts

John J. Ratey speaks on the benefits of exercise.

<http://brainsciencpodcast.wordpress...and-the-brain/>

John J. Ratey, familiar to most of us for his book "Driven to Distraction, speaks on the MANY benefits of exercise. ADHD is touched on but its not the main focus of the lecture.

Enjoy. 😊

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The Following 3 Users Say Thank You to Phantastic For This Useful Post:

[LaVieEnRose](#) (03-04-11), [qinkin](#) (02-18-11), [SB UK](#) (02-19-11)

02-18-11, 02:55 PM

#2



[qinkin](#)

ADDvanced Forum ADDvocate

Join Date: Jun 2005
Location: midwest of US
Posts: 2,140
Blog Entries: [3](#)
Thanks: 1,275
Thanked 830 Times in 623 Posts

Re: John J. Ratey speaks on the benefits of exercise.

How's it been!?

Quote:

Originally Posted by **Phantastic**
*Dr. John Ratey, Author of Spark: The Revolutionary
New Science of Exercise and the Brain*

Well, I already read this book.. Probably one of the top 5 books ever written concerning ADD to some extent and mental disorders in general . . Lots of really good studies w/ what I would call, irrefutable results.

☹️ I seem to be having a difficult time getting that episode to play, it just says, error page not found.. I did find the transcript of the podcast. . nifty. 🎧

<http://www.brainsciencepodcast.com/science-Ratey.pdf>

There's been some deal of talk about reciprocal "pair bonding" in social applications.. Tangentially, exercising the body, reciprocates exercise to the brain.. So w/o a doubt, physical fitness permeates to the brain and social environment.

"Common sense, do what it will, cannot avoid being surprised occasionally. The object of science is to spare it this emotion and create mental habits which shall be in such close accord with the habits of the world as to secure that nothing shall be unexpected." ~ **Bertrand Russell**

"It seems that the general problem may be formulated as the need to discover methods for non-delusional evaluation affecting our semantic reactions . . --**Alfred Korzybski**



The Following User Says Thank You to qinkin For This Useful Post:

[Phantastic](#) (02-22-11)

02-22-11, 01:50 PM

#3



[Phantastic](#)

Member

Join Date: Dec 2008

Location: Epoché

Posts: 98

Blog Entries: [24](#)

Thanks: 199

Thanked 99 Times in 49 Posts



Re: John J. Ratey speaks on the benefits of exercise.

Hey Qinkin,

Though I never read the book, the interview alone was highly motivating. I've been finding more time for walking and hiking where before I would spend all my time on school work. I realize now that I was getting diminishing returns because the exercise would prime me to be more productive when i actually sat down to do the work. 😊

Anyway, I hope you get the audio files to work and if anyone finds this site useful share it with others or make a donation. 😊

I would hate to see this site go away! 🙄

~ Phantastic

PS

I'd think that any individual could find at least one interview touching on a subject they are interested in, so even if your not into Dr. Ratey keep an eye out for other interesting people and topics!

Cheers!

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02-22-11, 01:56 PM

#4



[Phantastic](#)

Member

Join Date: Dec 2008

Location: Epoché

Posts: 98

Blog Entries: [24](#)

Thanks: 199

Thanked 99 Times in 49 Posts



Re: John J. Ratey speaks on the benefits of exercise.

I should have put the excerpt in the original post but I can no longer edit it, so here it is...

From site: "We explore the exciting evidence about how exercise helps the brain. It stimulates the release of a number of different neurotransmitters and neuropeptides, but probably more importantly it helps keeps these compounds balanced. We consider why exercise is so important in dealing with stress, in treating a wide range of mental illnesses including depression, anxiety, and attention deficit disorder. There is also evidence that exercise improves our ability to learn and our ability to avoid the loss of mental agility associated with aging. "

A change of mind once a day
Keeps the dogmatists away.

The Following User Says Thank You to Phantastic For This Useful Post:[qinkin](#) (02-23-11)

02-23-11, 02:20 PM

#5

**qinkin**
ADDvanced Forum ADDvocateJoin Date: Jun 2005
Location: midwest of US
Posts: 2,140
Blog Entries: [3](#)
Thanks: 1,275
Thanked 830 Times in 623 Posts
**Re: John J. Ratey speaks on the benefits of exercise.**

Quote:

Originally Posted by **Phantastic**
I'd think that any individual could find at least one interview touching on a subject they are interested in, so even if your not into Dr. Ratey keep an eye out for other interesting people and topics!

Thanks for turning me on to this particular resource. Thanks a lot for posting this, I love this topic, b/c good results are immediately achievable..

Yes, Phantastic, I soon realized I clicked on the wrong link, I read the first half, got a little side tracked, and am listening to the rest today.

Read through the book though if you can, it's better than this talk. He's among those who know the mechanics of the physiology, in a scientifically practical to life way. Ratey is a better writer than a speaker, to be frank. heheh

The radio host of this program was like, "*It would be my bliss if I were getting paid*".. Ratey was just like, "*rrrrrighttt*".. Maybe I'm just paranoid. 😊

Quote:

We didn't study the effects on children, b/c there wasn't any money in it.

+++++

I guess I'll talk a little about myself. I'm going to go on a few tangents.

Looking back I realize that my desire to be physically fit, sparked the flame of my desire to learn new things about myself, ADD, and in academics and meditation. All in HighSchool.

I played sports a lot as a child, but I never really enjoyed watching it, like my little brother seems to. . I was on Ritalin when necessary, I did well at sports, even to this day, when on meds. Good hand-eye coordination (meds help w/that though I must admit), muscles are very flexible for a male (no double joints). But I never worked on my strength training enough. The dude I played w/ on this small private school team, is now a professional soccer player. Some thought I would be, but I couldn't keep it up.

I became overweight, b/c my teams did not really emphasize the strength training and general physical fitness aspect, outside of practice. I trained a lot during high school. I did plyometric training w/some

reputable trainers on a weekly basis and became the fastest sprinter on my baseball team. But I would say I lost my focus almost entirely during high school. . I did not really learn proper nutrition during high school, I trained, but I remained a bit depressed and became anemic...

I realized what ADD was, and that I was diagnosed w/it as a child, at the end of my High School Junior year.. I was getting frustrated w/o end though.

I became interested in Yoga. That was an adventure. I never felt like I progressed at it, until after a few months after being out of HighSchool.

It was interesting how he said boys weren't like girls, concerning exercise and grades in school . . . As we know, ADD occurs in boys more often than girls.

Physical training (all the varieties), including how to settle yourself, the nervous system, down afterwords. Proper nutrition and also understanding of chemistry and biology are important. Physical, Chemical, Biological and Mathematical understanding are important, psychologically, to making decisions.

Medicines that alter glutamate, interesting. On another note, I respond better to Ritalin than Adderall. Ritalin doesn't really affect my quality of sleep.. But I would like to not mind taking vacations like when I was a kid. (though this has been impossible of late). Children metabolize stimulants differently than adults, hence usually experience side effects. To this day, though the ADD meds and exercise take me to a different level in general.

"Common sense, do what it will, cannot avoid being surprised occasionally. The object of science is to spare it this emotion and create mental habits which shall be in such close accord with the habits of the world as to secure that nothing shall be unexpected." ~ **Bertrand Russell**

"It seems that the general problem may be formulated as the need to discover methods for non-delusional evaluation affecting our semantic reactions . . --**Alfred Korzybski**



The Following User Says Thank You to qinkin For This Useful Post:

[Phantastic](#) (02-23-11)

02-23-11, 02:56 PM

#6



StoicNate

ADDvanced Forum ADDvocate

Tournaments Won: 1

Join Date: Feb 2009

Location: Orange County, CA

Posts: 3,059

Thanks: 1,650

Thanked 2,074 Times in 1,185 Posts



Re: John J. Ratey speaks on the benefits of exercise.

I started to exercise everyday last month and feel much more calmer now.

Dx: Adhd Combined type, Asperger's Syndrome, Mathematics Disability (10/4/10)..Panic Disorder, Atypical Depression, And Multiple Phobias.

Rx: Dexedrine IR 2.5-5 mg PRN (starting on 1/21/12).

Past meds: Namenda, Focalin IR, Ritalin IR, Adderall IR, D-Amp IR, Nicotine/Swedish Snus.

Boycott Teva/Barr, CorePharma, Mallinckrodt (Methylin)

REST IN PEACE



The Following 2 Users Say Thank You to StoicNate For This Useful Post:

[Phantastic](#) (02-23-11), [qinkin](#) (02-24-11)



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