FOR IMMEDIATE RELEASE
August 9, 2011
Eileen Shields, Public Information Officer
415/554-2507 (o) 415/370-3377 (cell)
Eileen.Shields@sfdph.org

Noted Harvard Neuroscientist to Appear in Series
Says PE Helps Kids Learn

San Francisco, CA – To raise awareness of the many varied benefits of physical activity, the Shape Up SF PE Advocates are hosting noted author John J. Ratey, MD, Associate Clinical Professor of Psychiatry at Harvard Medical School.

Dr. Ratey authored Spark: The Revolutionary New Science of Exercise and the Brain, which illuminates how exercise prepares the brain to learn, improves mood and attention, lowers stress and anxiety, staves off addictions, and controls the effects of hormonal changes and guards against the effects of aging. Spark has ignited a movement to revitalize schools, and implement quality physical education programs with encouraging improvements in attendance, attention, and academic performance.

On August 11 from 3-4:30 p.m., Dr. Ratey will be making his San Francisco public debut at the Community Health Network, 2789 25th St., 2nd Fl., Room 2002. Ratey’s talk, focusing on the benefits of exercise, will appeal to educators, parents, providers, researchers, students, and adults of all walks of life who are interested in the positive benefits of exercise. This event is co-sponsored by the SFGH Wellness Initiative, UCSF Bay Health Improvement Project and Shape Up SF.

Later that evening, from 6:30-8 p.m., Dr. Ratey will explore the connection between exercise and the brain’s performance and how exercise improves our ability to learn. He will share how a PE program that was instituted at an Illinois school district, resulted in soaring test scores—ranking the school first in the world in science and sixth in math. This event is sponsored by Shape Up SF and Sports Basement and will be held at Sports Basement, 1590 Bryant St.

###