



City and County of San Francisco
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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.

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The mission of the San Francisco Department of Public Health is to protect and promote the health of all San Franciscans.
We shall ~ Assess and research the health of the community ~ Develop and enforce health policy ~ Prevent disease and injury ~
~ Educate the public and train health care providers ~ Provide quality, comprehensive, culturally-proficient health services ~ Ensure equal access to all

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