

# **Download Spark The Revolutionary New Science Of Exercise And The Brain Spark**

Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. In *Spark: The Revolutionary New Science of Exercise and the Brain*, John Ratey examines how exercise contributes to better brain function. Ratey discusses how exercise is strongly related to better learning, reducing stress, combatting anxiety and addiction, improving hormones and reducing the impacts of the aging process. Written in an engaging storytelling style, *Spark, The Revolutionary New Science of Exercise and the Brain* by John J. Ratey, MD draws upon recent groundbreaking research, to explain how exercise enhances learning, lowers stress and anxiety, and can help the aging brain stay young. *Spark: The Revolutionary New Science of Exercise and the Brain* by John J. Ratey takes a fascinating look at the relationship between exercise and brain function. Citing numerous scientific studies as well as various anecdotal stories, Ratey looks at the benefits of exercise relative to learning, stress, anxiety, depression, attention deficit ...