AHA!
How Operation Tone-Up Improves Academics, Health & Attendance
Accelerate Academic Performance & Prevent Plateauning

Improve Academic Performance in Ways that Academics-Only Approaches Cannot:

*Boost the Body → Boost the Brain*

Academic Improvements Attempted

*Source: Chaddock et al, Edwards et al, Hollar et al, Geier et al, Johnson, Schools with OTU*
The **AHA! Moment on Aerobic Exercise**

**OTU Improves Academics, Health & Attendance**

*(The Key: OTU Structured Rigorous Regular Aerobic Exercise)*

<table>
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<th>Student Impact</th>
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| **Brain Capacity & Performance** | - Expand *Hippocampus, Basal Ganglia* (memory/relationships, cognition)  
- Memory & Cognitive Abilities  
- Attention & Focus  
- Reading, Writing, Math Grades  
- Test Scores | - *Chaddock et al*  
- *Edwards et al*  
- *Hollar et al*  
- Schools with OTU | - Academics  
- Attendance |
| **Mental Health**       | - Expand *Basal Ganglia* (behavior/motivation)                           | - *Chaddock et al*  
- *Geier et al*  
- Schools with OTU | - Academics  
- Health  
- Attendance |
| **Physical Health**     | - In Class More, Learn More  
- Greater Strength/Endurance  
- Lower Blood Pressure  
- Healthier Heart | - *Geier et al*  
- *Johnson*  
- Schools with OTU | - Academics  
- Health  
- Attendance |
Destiny by Adolescence

If Obese @Ages 10-13, 80% Chance Obese as Adult*

• Better academically
• More confident
• Healthier
• Excellent attendance
• More employable

• Worse academically
• Less confident
• Unhealthier
• Absent/dropping out
• Less employable

*Source: American Academy of Child & Adolescent Psychiatry
• Nutrition Knowledge Reinforces Exercise
• Empower Students with Knowledge of Top 6 Nutrients
  – Carbs, Water, Protein, Fat, Vitamins & Minerals
  – What Nutrients are
  – What they Do for You
  – How You Use Them to become Healthy and Strong:
    • Have Energy
    • Focus, Retain and Recall Data
    • Build Muscle
    • Fight Disease
• Empowered Children go Home and get their Families Healthy, too
AHA!
Operation Tone Up’s Return on Investment

- Enhanced **Academic** Performance
- Better **Health**
- Improved **Attendance**
References

Compelling Research-based Evidence: Structured Rigorous Regular Aerobic Exercise Improves Academic Performance, Health & Attendance


- Operation Tone-Up (2011). Videotaped qualitative data from extensive in-person interviews with teachers, students, parents and administrators involved in OTU programs. [www.operationtoneup.com](http://www.operationtoneup.com)

Contact Operation Tone-Up Today!

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The Choice is Yours.