

## The Brain and Brawn Connection

Before you begin, answer this question.

Do you believe that exercise makes you stronger and smarter? Why or Why Not?

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Answer one question from each of the links in the online lesson.

Did you Know?

What kind of work does Charles Hillman do? (from *Stronger, Faster, Smarter*)

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Write down the name of the new book John Ratey wrote. (from *Sound Body, Sound Mind*)

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### There is a Problem

In the study at the University of New Hampshire, a large number of students were obese. (from *College Students Face Obesity, High Blood Pressure, Metabolic Syndrome*) Do you see the same problem on your campus?

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Why do you think college students are having problems with overeating and under exercising? (from *Obesity on Campus*)

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### What You Can Do

What was your Fitness Awareness Score? (from Mayo Clinic Site) \_\_\_\_\_

Was your BMI in a healthy range? (from CDC Site) \_\_\_\_\_

About how many steps do you think you take each day? (from PBS Site) \_\_\_\_\_

How would taking more steps help you? \_\_\_\_\_

What is one thing you are going to do right now to increase your brawn and brain power? \_\_\_\_\_

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