



## Active Kids Are Better Learners

### What is DrumFIT®?

DrumFIT® is a fitness based drumming program that combines the mental health benefits of drumming with the overall health benefits of physical fitness.

### Why DrumFIT®?

It is DrumFIT®'s philosophy that everyone needs a chance to get their bodies moving and their minds engaged with physical activity, before sitting down to focus or learn. DrumFIT® gets the entire body and mind working together in unison, allowing students to focus, become fully engaged and increase their performance in all subject areas.

### Importance of Active Kids

Physical activity in children and youth does more than improve health and well being, it helps build confidence, leadership, productivity and creativity. Research shows that physical activity in schools improves a student's concentration, attention span and mood ensuring they are more prepared to learn<sup>1</sup>. Exercise optimizes the brains ability to learn, helps regulate emotions and improves motivation. Schools who implement a regular Daily Physical Activity (DPA) and PE program see huge drops in behavioral issues and greater performance in the classroom.

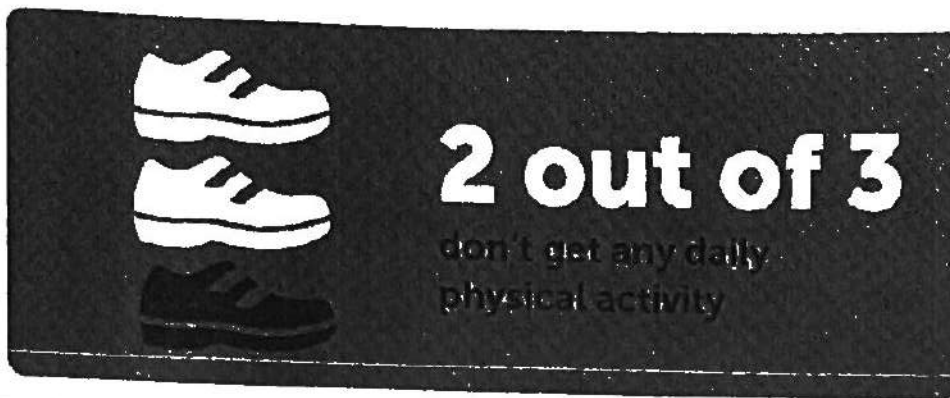
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<sup>1</sup> Centers for Disease Control and Prevention. *The association between school based physical activity, including physical education, and academic performance.* Atlanta, GA; US. Department of Health and Human Services; 2010

<sup>2</sup> Pictures adapted from

<http://www.everydayhealth.com/kids-health/childhood-obesity-by-the-numbers-2283.aspx>

Kim, Jasmine. "Childhood Obesity by the Numbers" 2014 Everyday Health Media LLC.Web. Oct 6,2014



### **Brain Fitness and Improved Learning**

In addition to being a great source of physical activity DrumFIT® also provides essential 'Brain Fitness' components such as: fine motor skills, coordination, reflexes, cross lateral movement, bilateral movement, spatial awareness, eye hand coordination, unilateral movement and cognitive association. Research shows that physical activity paired with mental exercise is the best possible cognitive solution.<sup>2</sup> Exercise paired with brain fitness activities, such as those listed above, strengthens the Corpus Callosum, which is the 'glue' that connects the two hemispheres of our brain. Buffy McClelland, a researcher at Oxford University, reviewed studies from educational and brain research journals and reported that all age and proficiency levels of children could improve learning from increased sensory integration and body coordination.

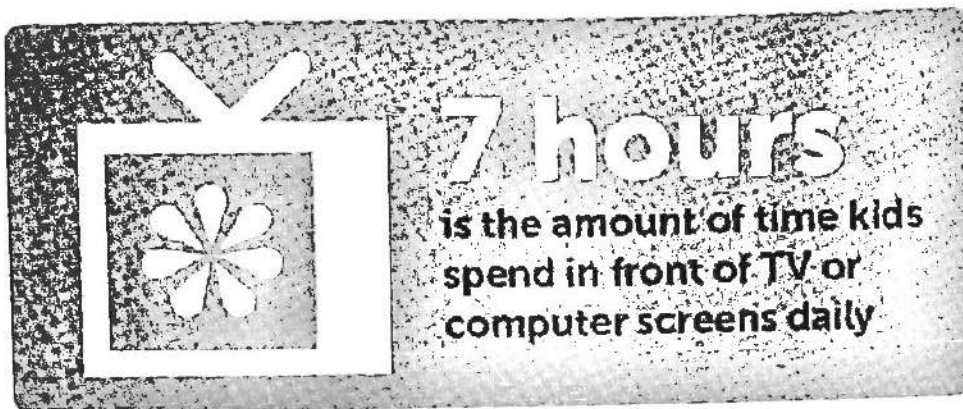
Remarkably, drumming, just like aerobic exercise, also increases heart rate and blood flow while simultaneously engaging both the linear (rational left brain) and the creative (intuitive right brain) hemisphere of the brain. Improved IQ scores, decreased cortisol (the stress hormone) and enhanced brain activity are just a few of the benefits you can enjoy from drumming<sup>3</sup>. Rhythm is now known to have a critical influence on perception, attention, working memory, learning and language, says Gazzaley, a neurologist at the University of California, San Francisco<sup>4</sup>.

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<sup>2</sup> Reference: Chapman, SB; Aslan, S; Spence, JS; DeFina, LF; Keebler, MW; Didehbani, N; and Lu, H. (2013). Shorter term aerobic exercise improves brain, cognition, and cardiovascular fitness in aging. *Frontiers in Aging Neuroscience*, doi: 10.3389/fnagi.2013.00075

<sup>3</sup> Logen, Link. "Fitness and Therapeutic Considerations Associated with Drumming: More than you ever knew" Off-Set. Web. 5 Oct. 2014

<sup>4</sup> Cossins, Dan. "A Brain for Rhythm". *The Scientist* Nov. 9, 2012 Web. 5 Oct 2014

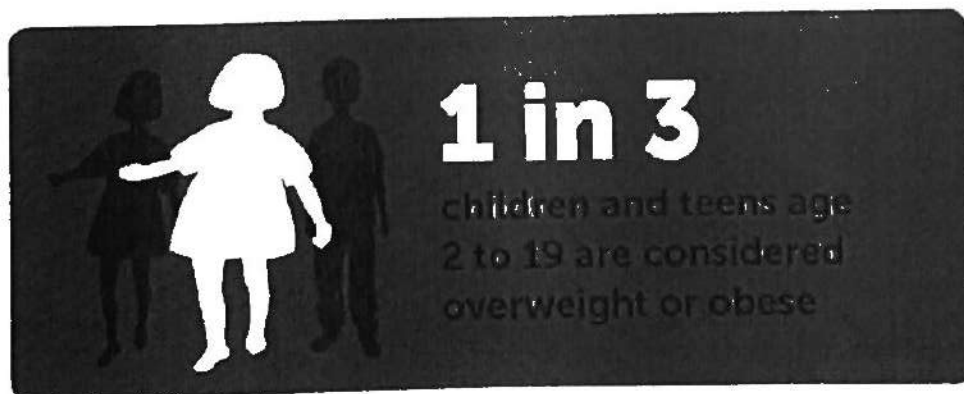


### **Who Can do DrumFIT®?**

DrumFIT® is an innovative program that truly engages everyone! There is no learning curve, everyone can drum. This non-competitive program appeals to students who are discouraged by competitive sports, while the drumming component attracts students who sometimes shy away from traditional dance or gymnastic programs. Students with behavior challenges have an outlet for their frustration; students from all abilities and learning styles can participate on equal ground with each other. Everyone can realize the benefits of getting active and letting go!

### **What makes DrumFIT® different?**

DrumFIT® is different from any other activity currently being offered in schools across North America. DrumFIT® appeals to every student from JK to Grade 12. It's a great way to reach all students because DrumFIT® crosses age, language and ability barriers. An amazing thing happens in DrumFIT® classes – ALL students are fully engaged, finding their own rhythm and joy.

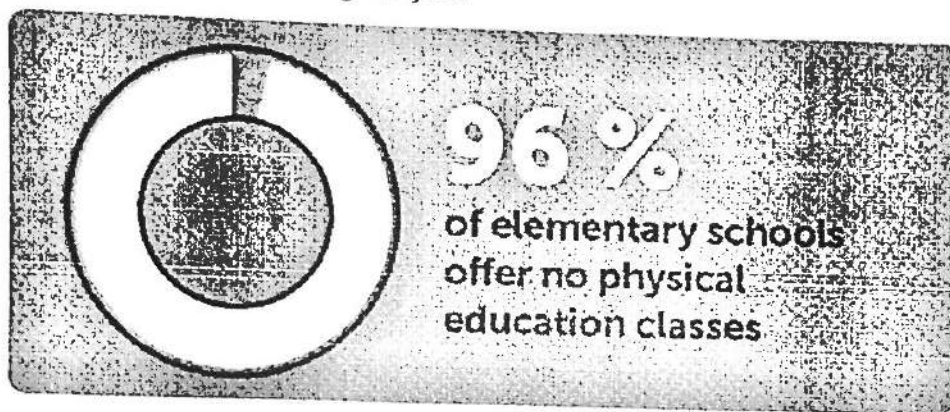


## DrumFIT® School Program

DrumFIT® is the only school program that addresses the physical, mental, emotional and intellectual needs of students, while meeting DPA/PE requirements. DrumFIT® is not just your next PE program, it also offers lesson plans that are linked with TEKS learning outcomes, for fun kinesthetic lessons.

Hundreds of schools incorporate DrumFIT® into their daily school programs. Not only as a part of their PE program, but also to engage students in other disciplines like music, language arts and math!

Whether your school is looking for a fun packed day or a sustainable program, DrumFIT® has something for you.



# Drumming and the Brain

www.drumfit.org

