

# Testimonials

Date: Mon, 18 May 2009 23:24:57 -0400

Subject: FW: Thank You!

From: john@johnratey.com

To: bigfish344@hotmail.com; pziertarski@naperville203.org; plawler@pe4life.org

Hey Phil, Paul, and Joe,

You can send this out to the troops if you think this is appropriate. I took the man's name off to preserve his identity. This just came in tonight. I am readying a huge firestorm for everyone and very soon it will appear on the horizon. I am learning more and more everyday how vastly under rated real PE teachers are and we will get that message out.

John

**Date:** Mon, 18 May 2009 16:59:50 -0400

**To:** John Ratey <[john@johnratey.com](mailto:john@johnratey.com)>

**Subject:** Thank You!

Hey John,

We met you last summer waiting to catch a shuttle after the ADHD conference in Minneapolis. Not sure I ever told you how much I enjoyed sharing the beer and learning about your book Spark. I've put several of your methods to work since then and have had excellent results.

1) My wife and I called our my son Patrick's school counselor and had her change his schedule so he had gym class first hour the whole year. Instead of one semester at 6th hour

He now carries a 3.65 in the 8th grade.

2) I talked w/ my daughter's special needs teachers in about your book and they have implemented a daily gym class for her high school group

a. Last year they only had gym class 2x a week for one semester

b. Her speech has made a significant improvement

c. She's lost weight and hasn't been sick enough to be admitted into the hospital this school year – typically 2+ admissions per school year

d. Real snowball of collateral benefits

3) I walk 2x a day almost every day at work and switched my office chair for an exercise ball

a. I quit taking the meds

b. Have much better focus and endless energy

c. Increased my sales by 32% in a tough economy.

d. I've learned 2 fairly hard web development programs and plow thru text books like never before

My friends and family have asked me what was the change. I tell them about "Spark" and laugh to myself how important your books have been to me.

I've dealt with a wicked case of ADD for 43 years, I've said more than my share of "I'm sorry"s, left kids

at hockey rinks, taken the wrong cars from valets, missed appointments, birthdays, been in divorce court...etc (I chuckle the list goes on and on)

I read "Delivered from distraction" which summed up my whole life in the first 50 pages. Realized I'm not that bad of a person and have incredible gifts when in the correct environment. Begged my soon to be x-wife to read Delivered, which ultimately was what stopped our divorce in it's tracks. Then I read "Spark" with the knowledge that my ADD isn't as much of weakness as a gift, the consistent exercise has super-charged my strengths, real life changer. Still have my moments, but it's so nice to understand why and where they are coming from, very comforting.

Your work is incredible

I say this with the biggest smile, Thank you!!

The attachment below can be viewed at: [http://www.trib.com/news/local/article\\_66ca3802-22f2-5465-955a-9981a370d216.html](http://www.trib.com/news/local/article_66ca3802-22f2-5465-955a-9981a370d216.html)



## Roosevelt High School

Mike Pickett, Principal  
140 East K Street  
Casper, Wyoming 82601

Telephone 1-307-253-1400  
FAX 1-307-253-1450

March 18, 2010

John J. Ratey, MD  
328 Broadway  
Cambridge, MA-02139

Dear Dr. Ratey,

I want to take this opportunity to thank you and your staff for researching and for writing SPARK. Additionally, I would like to up-date you as to what has transpired this year at Roosevelt High School.

Last September I had the opportunity to view a film clip off the net titled, "Movement and the Brain". Needless to say I was most impressed at what I saw. I played the same clip for my staff and something wonderful began to happen. As an alternative high school we are always looking for ways to help our students be successful in the academic arena. As a staff, we felt SPARK was designed for us and our students.

Our first task was to make some adjustments in our 1<sup>st</sup> period block schedule so the physical education instructor could team with our reading teacher to build a program for our lowest readers (students reading on the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade levels). Having accomplished phase I, we immediately moved to phase II which was to acquire the exercise equipment for our students to use to maintain their heart rate within the prescribed target zone for 20 minutes three times a week. With a little forward thinking and using equipment on hand we made it work. We began the SPARK program during the 3<sup>rd</sup> week of September. Of course there was some team building and data gathering prior to starting the program.

Our students have been engaged in SPARK for the last 22 weeks and the students are showing some phenomenal growth in their reading scores, comprehension, attendance, and improved behavior. We have students moving up anywhere from 2 to 4 grade levels; unbelievable.

When I introduced SPARK to my school board I purchased each board member and my superintendent a copy of your book. Consequently, the board was so impressed with our data and SPARK they gave Roosevelt \$40,000 to purchase equipment so all our students can take advantage of the SPARK program. Once again, thank you for connecting the dots.

Sincerely,

A handwritten signature in black ink, appearing to read "Mike Pickett". The signature is fluid and cursive, written over a light blue horizontal line.

Mike Pickett  
Principal, Roosevelt High School

Attachment: