

The Athlete's Playground 2022 Back-2-School and Back-2-Fit Student Membership Special

Promotion Valid August 12, 2022 – September 16, 2022



Our strength and conditioning classes for students are designed according to the ages of the student participating but are programmed to challenge them mentally and physically through various exercise, drills, and workouts.

According to Dr. John J. Ratey, an associate clinical professor psychiatry at Harvard Medical School, Exercise can improve students' mental health and can improve their learning. Dr. Ratey wrote a book that talks about the connection between exercise the brain and how aerobic exercise physically reshapes the brain for peak performance in all aspects. Exercise improves learning on three levels:

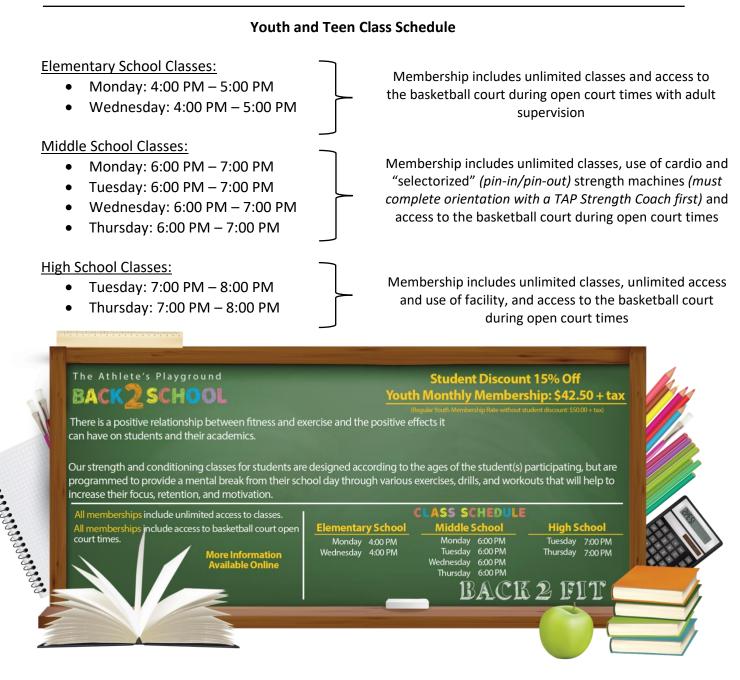
- 1. Optimizes your mind to improved alertness, attention, and motivation.
- 2. Prepares and encourages nerve cells to bind to one another, which when learning and retaining new information is the cellular basis.
- 3. Aids in the development of new nerve cells from stem cells in the hippocampus





To sum it up, exercise pretty much helps the brain prepare to learn and will increase retention.

Exercise controls the emotional and physical feelings of stress starting down at the cellular level. Physical activity is a natural way to prevent the negative consequences of stress, essentially warding off or protecting against the ill effects of chronic stress, potentially reversing them. Physical activity can help students become more socially active, boosting their confidence, and helping them establish and maintain positive social connections.







Student Discount Promotion Monthly Memberships

Membership \$42.50 + Tax

Discount cannot be applied to existing memberships

Memberships are month-to-month and each month the membership is active their credit card will be billed \$42.50 + tax. If the membership is active from the start of the promotion, they will be grandfathered into the promotional rate of \$42.50 + tax. If they cancel their membership and decide to reactivate it later, they will be subject to the current membership rates at that time.

Sibling Discount: If there are 2 or more siblings looking for memberships, discount the rate to \$40.00 per child. The children must all live at the same address, cousins or friends that live in other houses do not count for a sibling discount.

