

Pointers For Parents

New Initiative To Help Improve Learning Potential

(NAPSA)—There's good news for parents who want to help improve their children's learning potential: An exciting new Web-based program shows how a combination of diet, exercise and proper rest can help accomplish this important task.

A broad spectrum of research explains the need for a balanced approach to maximizing learning potential. The site encourages parents to catalog changes in their child's habits and their effect on school performance. It also features a forum for parents to discuss what steps they are taking with their children and how it's working.

"Diet, exercise and sleep have the potential to alter our brain health and mental function," explains Dr. Fernando Gómez-Pinilla, Professor of Neurosurgery and Physiological Science at UCLA. "This raises the exciting possibility that changes in diet are a viable strategy for enhancing cognitive abilities."

The site, known as BrainFuel, is underwritten by California Innovations, a worldwide leader in insulated lunch products, coolers and baby bags. It features research studies, recipes, brain facts, suggestions for brain-stimulating meals and games to exercise the brain. Highlights include:

- **Brain Food.** A section where parents can access important information about food choices. For instance, studies confirm that breakfast can improve children's memory and concentration. And not only does it spark morning learning, breakfast also keeps kids full enough so that they don't overeat at lunch, which can leave them tired and sluggish in the afternoon.



Making sure kids get proper nutrition and exercise can help boost their academic performance.

- **Brain Health.** A section devoted to tips for protecting the brain and facts about the brain, such as: It's important to exercise your kid's brain outside school. One way to accomplish this is to exercise the body. Instead of relaxing and hanging out after dinner, take a walk. Walking increases circulation to the brain and doesn't divert oxygen and glucose to muscles. More oxygen means better brain fuel for homework.

- **Brain Games.** Features "brain games" that exercise different parts of the brain and an exciting subscription offer from Lumosity.com, the leading "brain training" Web site designed to help maintain and improve cognitive abilities.

- **Brain Forum.** Provides an interactive option for parents to exchange ideas about the BrainFuel program, offer tips and have some of their questions addressed by a BrainFuel registered dietitian.

To learn more about the BrainFuel program, you can visit www.brainfuel4kids.com.