



# Kids-Move Fitness Fun

with RONNO (a.k.a. Ron Hiller, B.A., B.Ed.)  
Optimizing Fitness & Learning through Play-Based,  
Developmental Movement

## 1. "CATCH A BRAIN WAVE!"

(from the **CATCH A BRAIN WAVE FITNESS FUN** CD, by RONNO and Liz Jones-Twomey  
– a unique "brain-based" guided-movement Fitness workout)

WE ARE:

- a) re-visiting the 4 critical Developmental Movement Patterns to help with their maturation through a "brain-based," whole-body fitness experience;
- b) promoting the integration of these DMPs between brain and body (where possible) in sequential order. These DMPs are:

A. SPINAL ACTIVATION – i.e., awareness of spine from base of tailbone to top of head

B. HOMOLOGOUS MOVEMENT – i.e., symmetrical movement of both feet/legs or hands/arms at same time

C. HOMOLATERAL MOVEMENT – i.e., development of sense of sidedness, both right (right arm, right leg, right ear, etc.) and left

D. CONTRALATERAL MOVEMENT – i.e., opposite sides of body working together (e.g., opposite arm and opposite leg, left hand touches right ear, etc.)

SEE "RATIONALE" FOLLOWING (pp. 3 & 4), FOR EXPANSION

## 2. DO THE DRAGON

(from the **CATCH A BRAIN WAVE FITNESS FUN** CD, by RONNO and Liz J-T)

WE ARE ALSO:

- a) using Brain GYM® movements to stimulate the whole brain;
- b) targeting and activating specific brain structures in (where possible) sequential order. These brain structures are:

A. BRAINSTEM – basic level; ability to focus ("fright-flight mechanism); e.g., elongating muscles (to relax them and enable shift to mid-brain)

B. MID-BRAIN – to do with limbic system, involving emotional state & relationships; ability to read & write (eye-ear connection); e.g., **spinning**

C. NEO-CORTEX (left & right hemispheres) – higher-order thinking & reasoning; target with cross-lateral movements (e.g., cross-crawls, etc.)

Notes:

### 3. SMART FITNESS, SMART FOODS

(from the **SMART FITNESS, SMART FOODS** CD, by RONNO and Liz J-T– a unique “brain-based” guided-movement fitness workout *encouraging healthy nutrition*)

- Very specific and sequential presentation of all 4 DMPs.  
Q.: Can you name them and site examples of those movements?
- Pre-K to Gr. 1 need more time with homolateral, the younger the child, the closer to ground, for stability. Also, try with partners.

### 4. (I’m not gonna be a) COUCH POTATO

(from the **SMART FITNESS, SMART FOODS** CD, by RONNO and Liz J-T)

- More-complex movements, so rehearse with students first.
- Prepares for even-greater complexity of later album tracks.

### 5. DOLPHIN PROMISE – cool-down, with **Brain Gym**® moves

(from the **CATCH A BRAIN WAVE FITNESS FUN** CD, by RONNO & Liz J-T)

- Slow & controlled (also good for the brain)
- B.G. movements: “Lazy 8s” & “Hook-ups” - visit [www.braingym.org](http://www.braingym.org)

### 6. WIGGLE JIGGLE

(from the **WIGGLE JIGGLE FITNESS FUN** CD, by RONNO & Liz J-T – ages 4-7)

- Easy-to-follow, repetitive movements, with “special needs” possibilities
- MOVEMENT IS THE SINGLE MOST IMPORTANT STIMULATOR OF THE BRAIN

### 7. LET’S HOP

(from the **WIGGLE JIGGLE FITNESS FUN** CD, by RONNO & Liz J-T– ages 4 - 7)

- For use in whole gym (galloping, hopping, etc.)
- More DMPs – demoed visually on [YouTube.com](http://YouTube.com) & [kids-move.com](http://kids-move.com)

### 8. MOVE TO THE ZANZIBAR ZOO

(from the **WIGGLE JIGGLE FITNESS FUN** CD, by RONNO & Liz J-T)

- Brain Gym® plus DMPs
- Includes spinning, to IMPORTANT MOVEMENT strengthening vestibular
- System (i.e., sensory system of inner ear, coordinating with our eyes)



1-877-465-7010

Visit the *Kids-Move* booth in the Exhibit Hall