

A SIMPLE & ACCESSIBLE SOLUTION TO IMPROVE THE EMOTIONAL AND PHYSICAL WELL BEING OF STUDENTS

Today's classrooms, and their teachers, are under new and challenging pressures.

Meeting the strategic objective of fostering Healthy schools will be a challenge when one considers the persistent problems plaguing our schools.



The ongoing reality of large and harder to manage class sizes

Multiple daily criteria and it's pressure on time and time management expectations

Growing number of students challenged by: stress, anxiety and inattentiveness

Lack of readily available on site resources, tools & support to assist special need students



Image Sourced: <http://www.theguardian.com/>

90% of teachers surveyed agree that attention deficit disorders (ADD) and attention hyperactivity disorders (ADHD), as well as learning disabilities such as autism spectrum disorder and dyslexia are pressing concerns in their school.

¹ CANADIAN TEACHERS' FEDERATION, 2012 .



Image Sourced: <http://anxietyclass.blogspot.ca/>

Consider this ...

Short burst exercise has a role to play in helping children re-focus and get back on task

"...4 min of high-intensity physical activity is adequate to decrease off- task behavior" ... "results demonstrate that high intensity physical activity is capable of decreasing motor, and to a lesser extent, passive off task behaviour" ² NRC RESEARCH PRESS, 2014 .

Exercise is an accessible strategy for strengthening children's physical and mental health.

"Children who undertake more physical activity (PA) not only have more optimal physical health but also enjoy better mental health" ³ UNIVERSITY OF HELSINKI, 2013 .

Current DPA programs may not be reliably or insightfully addressing daily fitness needs.

"Asking schools to create an environment in which children sustain moderate or greater intensity activity for 20 or more continuous minutes does not reflect children's typical physical activity patterns;.... DPA policy may need to be reviewed to move emphasis away from 'sustained' MVPA to the accumulation of shorter bouts of moderate-to-vigorous physical activity (MVPA) as a means of attaining the 20-minute criteria." ⁴ CPHA, 2012 .

... A unique tool is already being implemented in some Canadian schools:

1. A tool that promotes exercise as a means to deal with student's physical and mental well-being.
2. A tool that is easily accessible to each and every student facilitating the emerging concept of self regulation
3. A tool that supplements and enhances the already existing DPA program



Image Sourced: <http://www.advancedsportmed.com/>

The FMI X5 Kids Spin Exercise Bike is a commercial grade exercise bike scaled to the needs of children. It incorporates thoughtful safety features such as a “FreeWheeling” design which limits the risk of injury caused by pedals which might move too quickly or erratically. The bike is manufactured using durable and long lasting materials making it ideal for prolonged and constant use in a school environment.

- ▶ Stable and safe platform
- ▶ Long lasting aluminum alloy pedals
- ▶ Adjustable wheel tension with brake
- ▶ Easy to adjust seat & handlebars
- ▶ Comfortable user height - 40" to 63
- ▶ Maximum User Weight: 250 lbs.
- ▶ Unit Weight: 80lbs
- ▶ Footprint: 32"L x 21"W (Assembled)



A tool for....

The Classroom



Because of its quiet performance and compact footprint the X5 bike can be easily integrated directly into a classroom setting.

With simple and safe operation students can independently access and use the bike.

Special Needs Breakout Rooms



The X5's sturdiness, simple design, and visibility make it a safe consideration when designing spaces for special needs students.

The bike is a useful tool when developing activities to address; anger, hyperactivity and frustration.

The Gymnasium



The X5 is a commercial grade cardiovascular machine. It allows students to engage in an easy and familiar activity that enables moderate to intense physical activity. Integration of these units in a gym space is a unique way to enhance current school DPA programs.

Q: What are the benefits of a stationary bike over organized class exercise breaks?

All forms of exercise are great. But children do benefit when they have self regulated physical and mental breaks. A stationary bike is a quiet and compact tool for the classroom.

Q: Why not use a conventional (adult) spin bike?

Safety is of the utmost importance. Traditional spin bikes have fixed drive flywheels meaning the pedals continue to spin until the flywheel stops. This becomes a significant liability compounded by adult bikes not properly fitting the user. The X5 bike provides the correct fit, a strong commercial frame, and a free-wheeling design to protect your students.

Q: How do we manage/regulate time on the bike?

The bike should help to bring order, not disorder, to the classroom. The concept of both free-access and structured-access programs have been successfully implemented in various schools across Canada. Teachers will determine the successful option based on your specific classroom needs.



Can a stationary bike really make a difference?

"The X5 has become the cornerstone of our body break routine. It allows our students to safely expend excess energy while developing gross motor and coordination skills so they can return to their classroom learning environment refreshed and focused."

- Darren White, Greely Elementary, OCDSB

"We are now in our 4th year of biking across Canada and have accumulated over 25,000km. Students love the X5 bikes. They are smooth and silent and perfect for the classroom I fully recommend bikes in classrooms and if you have the choice, choose the X5."

- David Benay, ecole Jeanne-Sauve, Ottawa, ON

"I am looking forward to making my next order!"

- Mike Nicoletti, Sir William Gage Middle School, PDSB



Image Sourced: <http://www.billpeduto.com/>



www.kineticsolution.com info@kineticsolution.com
800.420.7796

¹ Understanding Teacher's Perspectives on Student Mental Health - Canadian Teachers' Federation - 2012
This study's published summary can be found at: <http://www.ctf-fce.ca/Research-Library/StudentMentalHealthReport.pdf>

² Classroom-based High-intensity Interval Activity Improves Off-task Behaviour in Primary School Students
Jasmin K. Ma,^a Lucy Le Mare,^b Brendon J. Gurda - School of Kinesiology and Health Studies, Queen's University, Kingston, ON
This study's full abstract can be found at: <http://www.nrcresearchpress.com/doi/pdf/10.1139/apnm-2014-0125>

³ The Daily Physical Activity (DPA) Policy in Ontario: Is It Working? An Examination Using Accelerometry-measured Physical Activity Data
Michelle R. Stone, PhD,¹ Guy E.J. Faulkner, PhD,¹ Laura Zeglen-Hunt, BPHE,² Jennifer Cowie Bonne, MSc³
This study's full abstract can be found on CPHA's site: <http://journal.cpha.ca/index.php/cjph/article/view/3108>

⁴ **Higher Levels of Physical Activity Are Associated With Lower Hypothalamic-Pituitary-Adrenocortical Axis Reactivity to Psychosocial Stress in Children**
Silja Martikainen, Anu-Katriina Pesonen, Jari Lahti, Kati Heinonen, Kimmo Feldt, Riikka Pyhä "la", Tuija Tammelin, Eero Kajantie, Johan G. Eriksson, Timo E. Strandberg, and Katri Ra "ikko "nen
This study's full abstract can be found at <http://press.endocrine.org/doi/pdf/10.1210/jc.2012-3745>