

The Art of being Smarter is influenced by our **Physique** and Physiology being comparatively Better — Actually!

Our Physique is unique: The 21st Century's Smart-Movement-Focus for optimizing the Functionality of our Physical Capabilities and Competencies that can optimize our intellect Development — buttressed by the 21st Century's Physical Movement Activities that will accelerator our intellectual development — Today and Tomorrow — starts with **24 Primary Physical Components** (check out definitions and descriptions on Google). **Workbook Available: \$72**



Here are **24 Primary Components** that can affect a 21st Century *Homo Sapiens Sapiens in Extant's* (A.I. extended) ability to-be Smarter. (aka: Modern Human Beings last 10,000 years = farming = Communities)

- Our Posture (standing + Sitting + Prone + Supine)
- Our Range-of-Motion (reach - bend - twist - kick - stretch)
- Our Fueling Distribution (Cardio Exercises: Bicycling, running, swimming, jumping jacks)
- Our Flexibility
- Our Agility
- Our Balance (includes the Epley Maneuver: an exercise that helps to treat the symptoms of benign BPPV)
- Our Reflexes
- Our Structural Coordination (= Rhythm)
- Our Kinesthetic Awareness (= Proprioception = Balance)
- Our Hand & Eye Coordination
- Our Bone-Strengthening (impact activities: walking/running on natural surfaces = dirt trails/ beach in flexible-sole shoes)
- Our Oxygen Balance (= Diaphragm breathing)
- Our Depth-perception
- Our Perception of Relations-in-Space
- Our Position in our-Space
- The Strength to-Optimize the above
- The Stamina to-complete the Task-at-Hand
- Extremities: Our Hands (Baooning Balls build dexterity)
- Extremities: Our Feet (2-Pack Hedgehog Balance Pads: roll ankles and arch = balance response)
- Extremities: Our Neck/ Head (rotation up and down and around)
- Physical Syncopation (Jump Rope)
- Physical Collaboration (Double Dutch Jump Rope)
- Physical Mental Development Activities (Racquetball, Squash, Handball in a walled-Court [size is irrelevant], Croquet, Pool: All develop the ability to Anticipate and Strategize and Physically Do-Something)
- Non-Physical Mental Development Activities (Bridge, Go, Chess, Marbles, Lego)



A One-Room School House

The efficiency of our Physiology is dependent on proper fueling and efficient distribution + a balanced diet, in moderation + sufficient exercises to keep all of our Physically-oriented Systems churning.

Engaging 21st Century's Smart Physical Movements and enhancing our Health can Tune-up our Physical Capabilities, optimize our Physiological Functions, and free us to accelerate our *intellectual development* so we can become an Intellectually Autonomous Person.

Building 21st Century Top-Tier Employment Perspectives and Intellectual Capabilities/Competencies that earn Certification.
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"By failing to
Prepare, you are
preparing to fail."
Ben Franklin