

AN EXPLORATION OF HUMAN EVOLUTION, HEALTH AND PHYSICAL FITNESS

LECTURE & MOVEMENT WITH FRANK FORENCICH

PRESENTED BY THE UC DAVIS TAHOE ENVIRONMENTAL RESEARCH CENTER



Date: Wednesday, April 30, 2008
Time: 5:30 – 7:30 p.m.
Lecture begins promptly at 6:00 p.m.
Cost: \$5 donation requested
Location: Assembly Rooms 139 & 141,
Tahoe Center for Environmental Sciences
291 Country Club Drive, Incline Village, Nevada
(on the campus of Sierra Nevada College)

Frank Forencich earned his B.A. at Stanford University in human biology and has over 25 years teaching experience in martial art and functional movement. He is a partner at The National Institute for Play and is author of “Play as if Your Life Depends on It” and “Exuberant Animal.” Frank has traveled to Africa on four occasions to study the ancestral environment. For more information visit www.exuberantanimal.com.

The human body has evolved over millions of years, adapting to the challenges of life in the semi-wooded grassland environments of East Africa. For the vast majority of our time on this planet, we have lived outdoors, in a natural world of plants, animals, fresh air and vigorous physical activity.

Today, we live in a world that is radically different, a world of sedentary living, fake food, chronic stress, temporal poverty and tribal ambiguity. The physical challenges and stresses that we now face have

enormous effects on our health, our performance and our happiness.

Join author Frank Forencich for an exploration of this modern human predicament. We'll discuss the differences between the ancestral and modern environments and consider some ideas for functional health and living. Then we'll get out of our chairs and enjoy some physical movement, a series of games drawn from the Exuberant Animal collection. Suitable for all fitness levels. Come dressed and ready to move!