



## Merriam-Webster's Online Open Dictionary

**emoducate, emoducated, emoducation** (verb) : To elevate the sensory portion of the brain with an mp3 player by listening to audio tutorials between musical interludes during physical activity.

**Emoducation** is a term related to a special synthesis of emotion and education. When the two are combined during physical activity a unique spark is created in the hemisphere of the brain that is fabulous for learning and retaining health related knowledge. Emoducation enables one to absorb, utilize and retain selected educational data in audio format.



### **Emoducate:**

*To elevate the sensory portion of the brain by listening to one's favorite music, preferably with an mp3 player during exercise and physical activity, enabling one to absorb, utilize and retain selected educational tutorials, interviews and health related data in audio format.*

*Ideally the educational data is of personal interest and introduced between musical interludes while the brain is emotionally stimulated. This method of learning is superior for retention and potential application compared to listening to the same educational data without the simultaneous accompaniment of music and physical movement.*

### **How to Get Emoducated**

Download past, current and future editions of SNU to your computer from [CoryHolly.com](http://CoryHolly.com) Transfer these files to your iPod or favorite mp3 player and combine with your favorite music. Listen to your mp3 player in shuffle mode (spontaneous selections).

Emoducate your mind during fitness workouts in the gym, on a treadmill, during a run, rollerblading, cycling or any type of fitness. Burn SNU editions to a CD then play the CD in your car, portable CD player or home stereo system. Get Emoducated!