

The Motivation Factor

Logline:

The Motivation Factor that's missing today to be united as a society and become smart, productive & mentally stable.

Short Synopsis:

This award-winning documentary shows the irreplaceable role classical Physical Education plays to develop social unity and become smart, productive & mentally stable citizens, and the out-of-control consequences we face today with its absence in our society.

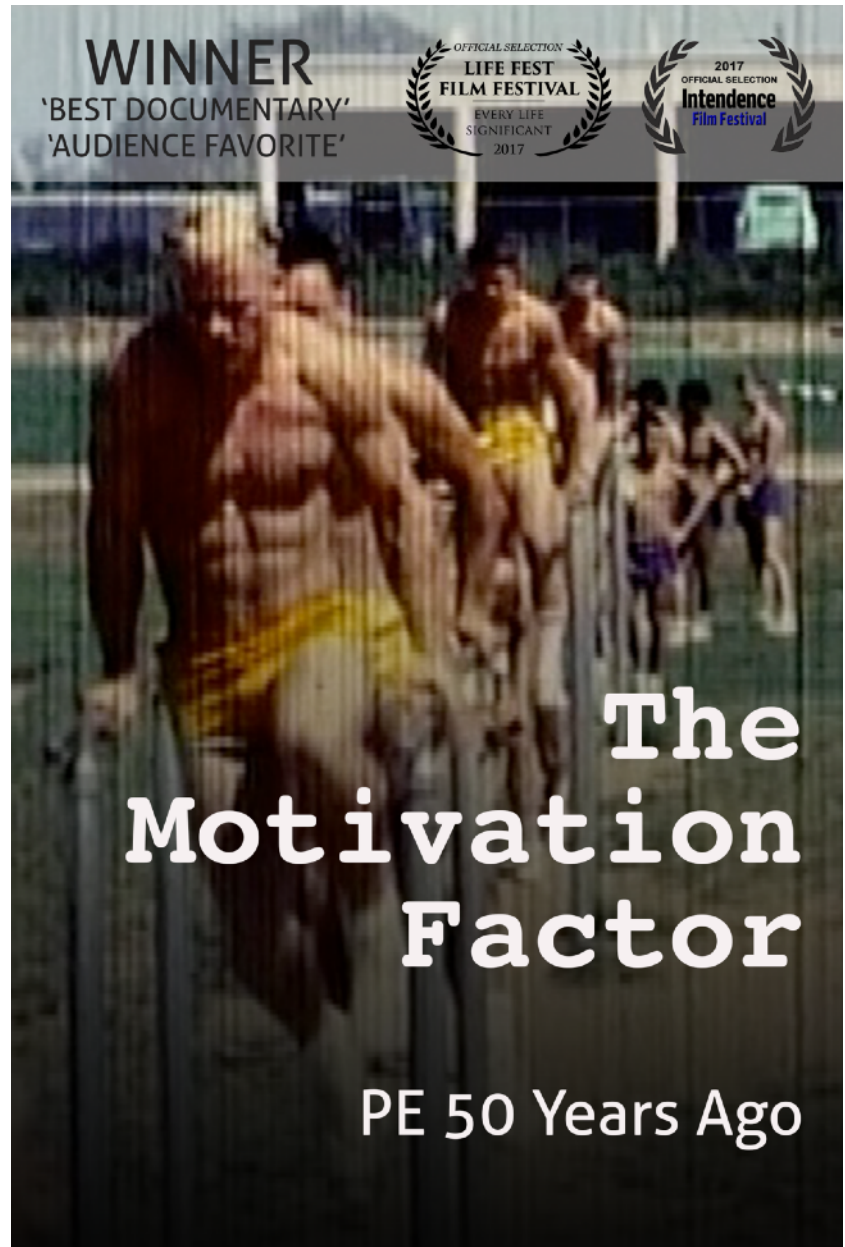
Medium Synopsis:

This award-winning documentary explores how something as simple as exercise can be used to address our society's seemingly impossible-to-solve challenges.

The United States stopped teaching classical Physical Education 100 years ago, which did not resemble 'PE' as it is known today. JFK tried to bring classical Physical Education back, but that ended with his shortened Presidency. It wasn't about balls and sports; it was about addressing a basic human requirement...one we have ignored as a population and pay the consequences for its absence every day.

This documentary explores the pivotal role Physical Education plays to develop smart, productive & mentally stable citizens. It shows an eye-opening connection between the lack of activity today and the ever-growing burdens we face.

This 4 year film project interviewed over 250 of the the world's leading scientists, physicians, educators, students and alumni. It's the most comprehensive look at 'why' we must exercise.



Long Synopsis:

This multiple award-winning documentary shows the irreplaceable role classical Physical Education plays to develop smart, productive & mentally stable citizens, and the out-of-control consequences we face today with its absence in our society.

The United States made the decision to stop teaching real physical education 100 years ago. JFK tried to bring it back, but the effort ended with his shortened Presidency.

This documentary links the largest problems facing the US today to its current state of physical illiteracy, which comes as a consequence of no longer having educators, business leaders, or citizens understand how exercise (and particularly group exercise) can be used to solve our most pressing issues including how the US spends more on healthcare than any other country in the world, has the highest incidents of mental instability, the highest national debt, incarcerates 25% of the world's prisoners with only 4% of the population, has the worst productivity since the 1970's, the worst education rank since the 1970's and amongst the worst life expectancy of the OECD countries.

This 3.5 year film project interviewed over 200 of the the world's leading scientists, physicians, educators, and actual students of JFK's championed example of physical education, La Sierra High. It is the most comprehensive work on this subject ever attempted, and yields highly relevant and actionable insight into effective ways to use something as simple as exercise to address our most pressing challenges today.

The crowdfunding trailer received 50 Million Facebooks views. It ran two separate, sequential crowdfunding campaigns on Indiegogo. (1) <https://www.indiegogo.com/projects/la-sierra-high-pe/x/10061593#/> (2) <https://www.indiegogo.com/projects/jfkchallenge/x/10061593#/> with a combined 715 backers raising a total of \$35,078. Interviews and filming covered 28 US states with over 250 interviews.

The film has captured the interest of the NBA and the largest teacher's associations. Many medical schools in the US now require PE just because of the crowdfunding trailer, with the Neurosurgery Department of the Medical University of South Carolina (MUSC) featured in the documentary. It shows how 80% of their doctors and faculty had an undiagnosed medical problem 2 years ago, but after instituting daily Physical Education, all those problems are gone, including depression and quality of life issues.

One section of the film focuses on the famous La Sierra High...the PE program that JFK held up as the model 50 years ago. The real-life, never-before-seen footage of an entire school highly fit, where 99% of the boy's student body could do at least 10 pull-ups, and each sported 6 pack abs, all with just a 12 minute calisthenic group exercise and 5 minutes on the bars, inspires educators on what is possible in today's world where obesity is the norm.

The film tracks a current junior high school, Prescott Middle School located in Modesto, CA that started following the La Sierra Program 45 years ago and has never stopped.

That school today covers the gamut from kids living in the country club to being homeless. It is multicultural school where every race and religion seems represented... yet it has NO BULLYING because of what they learn in PE. The kids are united. They operate with a theme in their PE program of “All for one and one for all”...where they “don’t leave anyone behind.” That experience on the field transfers inside the classroom...every child believes in themselves...they have confidence about their future, and they get excellent grades, independent of their family environment or economic background. The kids in the school share one common trait: their current individual circumstance does not dictate their plans for their future.

When people exercise, their brain chemistry changes. They become smarter, mentally stable, and productive. It’s the old ‘Mind, Body & Spirit’.

Historically, nations built unity by having its citizens exercise together. The best example of that in the world right now is taking place in Modesto, CA in an obscure middle school called Prescott.

The film interviews coaches who noticed “racial tensions melt away when kids participated together on a sports team.” However, that was only for the elite athletes. What is unique about this PE program is that they had “The Motivation Factor” where they grouped the kids by their ability level into teams, and the kids helped each other progress as a team from one level to the next. Their reward system encouraged both teamwork and individual participation. It was similar to a colored belt system in karate. So the entire school participates and gets the health and social benefit that only elite athletes receive in most schools today.

The film references over 10,000 studies linking the improvement of academic performance, social interest, and mental stability with exercise.



Biographies

Producer/Director/Cinematography/Post Production

Doug Orchard, MLS, is a documentary filmmaker. He was introduced to the film industry while serving as Chairman of a streaming media start-up in 1999, and began Directing corporate projects in 2001. Most of his work from 2001 through 2008 was spent working on corporate projects in medicine for patient testimonials, as well as projects in real estate and finance. He directed his first documentary film in 2009, *'The Truth about Pandemic Flu'* which featured former US Health Secretary and 4-term Governor, Tommy Thompson, and the CDC, FDA, and world leading scientists. That was a corporate funded project. Mr. Orchard loved the experience making a documentary, but did not enjoy tweaking the message to match the interest of the funding source. He broke from working with other corporations to independently fund his own documentary films in 2013. He directed, filmed and edited *'The Motivation Factor'* by himself, and shortly after beginning this project, he directed, filmed and edited *'Revenue Reserve (2014)'* which received strong praise from that niche industry of commercial real estate. His next film is *'Fasting,'* which premieres in the fall 2017. As a filmmaker, Mr. Orchard is interested in ideas that were universally practiced historically, but stopped as a consequence of technology like the industrial revolution, but has since been discovered by science as having a value that merits reconsideration. He works with the world's leading scientists, historians and subject experts, but does not accept any financial support from them, or pay them for their participation. He funds his films himself to retain complete objectivity. For *The Motivation Factor*, he saw how children in inner cities could overcome their circumstances through PE, which the film demonstrates. Mr.



Orchard has been independent of any political affiliation since 2006 and feels he must remain neutral as a filmmaker for the types of projects he makes. He takes a very strong research approach to his films. He does not write out the film prior to his interviews, nor does he write any questions prior to his interviews, but builds the entire project organically and simply follows the story where it leads.

Executive Producer

Ron Jones, Founder of The Lean Berets, is a Licensed Executive Corporate Wellcoach and holds a MS in Kinesiology, BA in Physical Education/English with California Secondary Clear Teaching Credential/CLAD in PE, Health Science, and English. Ron is also a certified Health Fitness Specialist with the American College of Sports Medicine. Ron Jones introduced La Sierra High history to Doug Orchard, and suggested that there should be a film about it.

Film Festival Awards

Winner: Best Documentary
Feature - Life Fest Film
Festival, Hollywood, CA (2017)

Winner: Audience Choice
Award - Life Fest Film Festival,
Hollywood, CA (2017)

Winner: Audience Choice
Award - Intendence Film
Festival, Denver, CO (2017)

Winner: The Heart Award
“Celebrating the Best of the
Human Spirit” - Intendence Film
Festival, Denver, CO (2017)

Film Links

Official Site:
www.MotivationMovie.com

Filmmaker:
www.DougOrchard.com

FaceBook:
[www.Facebook.com/
LaSierraHighPE](http://www.Facebook.com/LaSierraHighPE)



Media Contact

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Director
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doug@DougOrchard.com
www.DougOrchard.com



Press Reviews

Up-to-date news links can be found at <http://dougorchard.com/wp/news/>

Fox & Friends:

http://video.foxnews.com/v/4330129557001/?playlist_id=930909787001#sp=show-clips

The Blaze:

<http://www.theblaze.com/stories/2015/05/06/how-does-1960s-high-school-pe-compare-to-today-it-doesnt/>

Christina Mendonsa (News Anchor ABC Sacramento):

<http://www.cristinamendonsa.com/podcast/motivation-factor-interview-documentary-filmmaker-doug-orchard/>



The Modesto Bee:

<http://www.modbee.com/news/local/education/article153089529.html>



Mental Floss:

<http://mentalfloss.com/article/62991/1960s-high-school-gym-class-would-ruin-you>

The Art of Manliness:

<http://www.artofmanliness.com/2016/03/16/podcast-183-when-high-school-pe-was-a-man-maker/>

The Post & Courier:

http://www.postandcourier.com/features/your_health/wellness-rx-for-doctors-musc-neurosurgery-department-embarks-on-an/article_335b6578-6dab-5c4e-af71-e64f0bc97b36.html



Cast

(In order they first appear)

Christopher Williams, M.D. Regenerative Medicine



John Pitts, M.D. Regenerative Medicine



Reynaria Pitts, M.D Cardiology

Layla Jaffree-Williams, M.D. OBG/YN



Donald Driscoll, J.D. Berkeley, CA

Dan Pardy

Ph.D. Candidate Stanford University Leiden University

Tony Asaro

La Sierra Alumni Class '67



Doug Lindsey La Sierra Alumni Class '64

Ed Carisoza

La Sierra Alumni Class '61

Edward M. Phillips, M.D. Harvard Medical School

John Ratey, M.D. Harvard Medical School

Larry Allen

2014 Board of Directors

California Teacher's Association National Education Association (NEA)

John Kilbourne, Ph.D. Professor

Movement Science

Grand Valley State University

Ted Moore Physical Therapy La Sierra Alumni 'Navy Blue' Class '67

Michael Roizen, M.D. Chief Wellness Officer Cleveland Clinic





Raymond Turner, M.D.
Professor of Neurosurgery
Medical University of South Carolina (MUSC)

Steve Lowe, M.D.
Neurosurgery Resident
Medical University of South Carolina (MUSC)

Rick Brown
La Sierra Alumni Class '61



Richard Tucker, Ph.D. La Sierra High Coach '61 to '63

Hon. Dana M. Sabraw La Sierra Alumni 'Navy Blue'
Class '76

Richard Smith, DVM La Sierra Alumni Class '63

Trent Saxton, D.C. La Sierra Alumni Class '67

Sheryl Swain Aguilar, RD, CDE La Sierra Alumni
'Navy Blue'
Class '83

Al Hooker
La Sierra High Coach '60 to '83

Mike Roberts
La Sierra Alumni Class '63

Colleen Gallagher La Sierra Alumni Class '75



Ron Jones, MS
Historical Kinesiologist & Physical Educator

Paul Wolkowski Perth, Australia

Kevin Rail, SFG, ACN, ASCM, NAM, ACE Founder, Restore Your Fitness

James Maskell
Founder & CEO
The Evolution of Medicine

Rick Weyback, M.D.
Neurosurgery Resident
Medical University of South Carolina (MUSC)



Danielle Scheurer, M.D.
Chief Quality & Safety Officer
Medical University of South Carolina (MUSC)

Alex Spiotta, M.D.
Associate Program Director of Neurosurgery Medical University of South Carolina
(MUSC)

Daniel Handel, M.D.
Chief Medical Officer
Medical University of South Carolina (MUSC)

Sunil Patel, M.D.
Chair, Department of Neurosurgery
Medical University of South Carolina (MUSC)

Claire Nolte, Ph.D. Professor of History Manhattan College

Mark Wilson
Founder of Prescott PE Prescott Junior High

Stan Little
Former Superintendent Stanislaus Union School District

Shannon Paulson Student
Prescott Junior High

Nicholas Virgil Student
Prescott Junior High

Julie Loudermilk Prescott Alumni '78 to '80



Alondra Manriquez Student
Prescott Junior High

Madison McKay Hall of Fame #37 Prescott Junior High

Nyah Thompson Student
Prescott Junior High

Karson Wells Student
Prescott Junior High

Kris Lindberg Athletic Director Prescott Junior High

Sony Crim
Former P.E. Instructor 1982 to 2013

Jennifer Barcellos Prescott Alumni 1998 to 2000

Nanki Deol
Student
Prescott Junior High

Gary Nomelli
Former Athletic Director Prescott Junior High 1975 to 2009



Jamie Runyan Student
Prescott Junior High



Andrew Carmichael Male Pull-up Record: 32 Prescott Alumni
1998 to 2000

Tami Crim
Former 2nd Grade Teacher Stanislaus Union School District



Emma Guerrero Student
Prescott Junior High



Assul Coss
Student
Prescott Junior High



Aaron Gill
Student
Prescott Junior High

Jocelyn Fahlen Student
Prescott Junior High

Hailee Gonsalves Student
Prescott Junior High



Grace Joseph Student
Prescott Junior High

Robert Hernandez-Brothers Student
Prescott Junior High

Brook Goodnight Student
Prescott Junior High



Angie Orozco Student
Prescott Junior High

Kassy Rojas
Hall of Fame #40 Prescott Junior High



Prescott PE Participants

Adults

Jason Aveler Jennifer Barcellos Andrew Carmichael Sonny Crim
Julie Loudermilk Gary Nomelli Alexander Johnson Kay Lee
Kris Lindberg
Mark Wilson

Youth



Flory Abzun

Sedina Ackuaji Selorna Ackuayi Miguel Alba Sebastian Alvelo Sebastian Ambanloc
Erica Axtell

Charlize Badillo Anya Baily

Alvaro Barraza Julian Chugolla Assul Coss

Nanki Deol Tiffany Duong Cole Edgar Camden Emerson Paul Espinoza Isabelle Evans



Ethan Eve

Zachary Eve

Jocelyn Fahlen

Lily Ferdinand

Jacob Gain

Arya Gandhi

Aaron Gill



PAUL WOLKOWSKI
PERTH, AUSTRALIA

Faith I. Gomez

Hailee Gonsalves Brooke Goodnight Sarionna Gray

Emma Guerrero Ferrando Alan Guerrero Sean Gutowski



HON. DANA M. SABRAW
US FEDERAL JUDGE
LA SIERRA HIGH
CLASS '76



JOHN KILBOURNE, PH.D.

Robert Hernandez-Brothers Adam Jeppson
Grace Joseph
Kelsie Koffrooth

Marlon Leinez Tiffany Le
Alondra G. Marriquez Anthony Maravilla Julia Martin

Lauren Martin Katherine Mauthe Madison McKay Julia Meyer
David Moreno Elian Moreno Olivia Navarro Ashley Nguyen Angie Nuisud Angen Arozco
Michael Osman Avni Parmar Shannon Paulson Morgan Peacock Randy Peraza
Cassandra Perez Brandon Price Jake Pursch Michael Rascon Joseph Roach Jose
Rodriguez Reanna Rodriguez Kassy Rojas

Kyle Rosenberg Jamie Runyan Andrew Simon Alvi Sreya

Abby Stevens Anna Stevens Matthew Taggar Nyah Thompson Kathleen To Leila Toledo

Ian Torres
Megann Tran
Joey Tran
Alyssa Turn Savannah Turner Johan Valadez Timothy Valdivia Darshan Vijaykumar
Nicholas Virgil Aidan Wells

Karson Wells Corben Wong Robert Hunter York

Film Release Information:

August 22, 2017: Exclusive 30-day general public release on Reelhouse.org

September 21, 2017: Available on iTunes, Amazon, Vudu, GooglePlay

IMDB: http://www.imdb.com/title/tt6101426/?ref_=tffc_fc_tt

Official Site: www.MotivationMovie.com

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