

# The Brain-Body Connection

Training your brain gives you better control of your body; training your body properly strengthens your brain.

The brain and body are inextricably connected; there is constant communication between the two.

Combining physical and cognitive training, by targeting peripheral nerve systems, is vital for optimal brain health.

## • *Seeing is be-living...*

**Visual-Perceptual** training greatly enhances cognition. Processing visual dynamics stimulates brain functions, which enhance capabilities in numerous activities, including: learning, processing information, coordination and reaction times.

## • *Take a deep breath...*

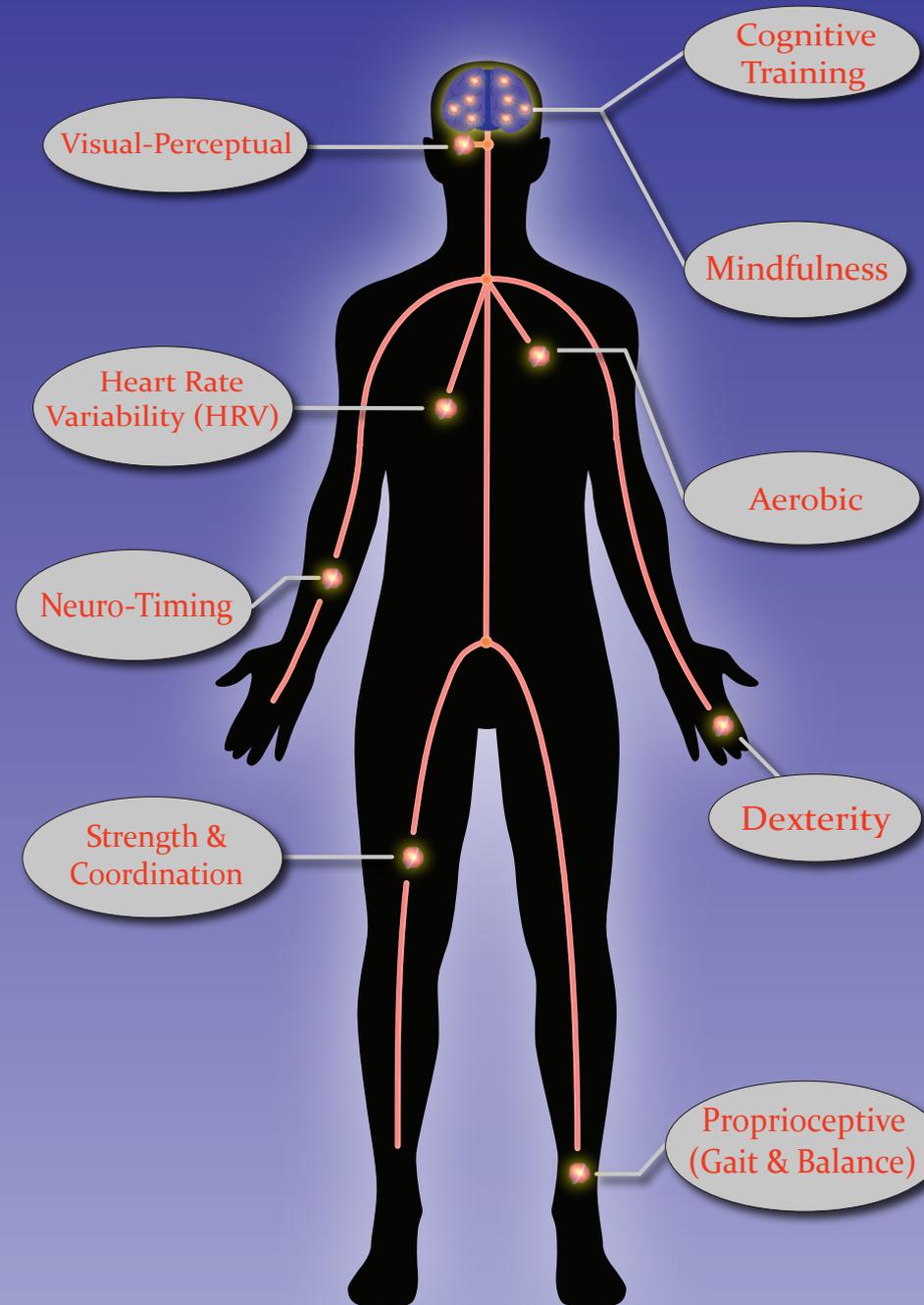
**Heart Rate Variability (HRV)** training helps you breathe optimally. Regular HRV training has been shown to ease anxiety, optimize oxygen distribution and improve overall heart health.

## • *Timing is everything...*

**Neuro-Timing** regulates your brain clock, which coordinates everything you do. If your brain's timing mechanism is off, it may affect your muscle responses, motor planning, organization or other areas of daily life.

## • *Let's get physical...*

**Strength & Coordination** training is profoundly beneficial. It strengthens muscles, tendons and connective tissue, which improves motor performance and lowers risk of injury. It has also been shown to benefit cognition.



## • *Get a move on...*

**Aerobic** training improves your mind and body by increasing circulation throughout the body, bringing more oxygen to the brain, and releasing vital neurotransmitters, which make you feel good.

## • *Mind your business...*

**Cognitive Training and Mindfulness** enhance mental and physical well-being. Diverse targeted cognitive exercises and mindfulness have wide ranging benefits to brain function, improving memory, mental clarity and reaction time, while reducing anxiety and depression.

## • *Get a grip...*

**Dexterobics™ / Dexercise™** are exercises which stretch and strengthen your fingers and hands. They facilitate gripping and pinching while reducing pain, stiff joints and arthritis. These exercises also activate the motor cortex in a uniquely profound way.

## • *Step on it...*

**Gait and Balance** are vital to an active and independent lifestyle. Gait and balance training improves posture and reduces falls by realigning our muscles and joints, and modulating our visual and vestibular systems.