

POWER BRAINING™

Fitness for Brain & Body

Science now proves that the brain and the body are inextricably linked. Optimal brain fitness requires a combination of physical and mental exercises. **POWER BRAINING™** combines the best physical and cognitive training techniques into a powerful and engaging *group-training* program.

The Program

- **POWER BRAINING™** is a unique group-training class, designed to meet the cognitive and physical needs of adults and seniors.
- Designed to challenge people of all skill and physical levels
- Fun and engaging social environment

Method

- Targets neural systems in the brain and peripheral neural networks in the body.
- Combines physical movements with precise cognitive challenges, timing cues and breathing protocols to target critical skills.

Benefits

POWER BRAINING™ is designed to enhance:

Cognitive

processing speed, attention, memory, creativity, visual processing, auditory processing, breathing control and stress management

Physical

reaction time, balance, stability, dexterity, muscle tone, joint mobility, flexibility, strength, endurance and motor control

Comprehensive Training

Science Based Techniques

- Physical Exercises
- Cognitive Challenges
- Autonomic System Entrainment



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“I noticed a big difference after the first class. My mind was much quicker on a project I’m working on. I was surprised by the difference. Thank you!” - Holly Z.

“This is fabulous!” - Barbara S.

“This is amazing! You are on the cutting edge.” - Sherry H.

“I love this class!” - Rick H.

“Great Class—I’m glad I signed up!” - Joan B.

“As always, I’m amazed at how much more alert I am (after class)!” - Holly S.

Watch our video:

<https://www.brainingcenter.com/video-power-braining>