



QUICK FACTS for Brain & Body Fitness

NEUROPLASTICITY – the ability of the brain and central nervous system to change its form and function, specifically when stimulated with physical movement, the way we created our neural pathways originally from birth to late teens.

NEUROSCIENTISTS believe the **PURPOSE** of the brain is to control movement of the body. Movement in turn, can change the brain!

NEURAL PATHWAYS are “information highways” along which messages travel between the brain and the body parts needed for specific activities.

S M A C K - Acronym for the 5 functions of the brain, the sound of a neuron firing when amplified many times:

STRATEGIC PLANNING: **S** is for strategic planning - the ability of your brain to help your body figure out how to get from point A to point G, as you attempt some activity you want to do.

MEMORY AND RECALL: **M** stands for memory and recall - your ability to actually remember a physical experience you've had, whether it was yesterday or years ago, or your ability to recall what you know about particular movement or activity from watching TV, hearing or reading about it, or imitating others.

ANALYTICAL THINKING: **A** is for analytical thinking - the ability to organize your body movements based on the parts or components of an activity. For example, in baseball you might pitch, bat, catch, field, run, slide into home, or even cheer!

CREATIVITY AND IMAGINATION: **C** stands for creativity and imagination. Imagination is your ability to see an image of yourself doing a physical activity (like riding a bicycle), even before you've attempted it. Creativity is the way you approach something physical, like putting a box beside the bicycle so you can reach up and over the seat.

KINESTHETIC LEARNING: **K** is for kinesthetic learning - attempting to develop a physical skill through the body first, and letting the brain observe what you're doing in order to make you more proficient and efficient each time you perform that function.

Carol Gerson, Certified Ageless Grace Educator

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30 or 50 min Class Sessions • One-on-One Personal Training • 4-Hr Personal Practice Seminars



WHY ARE WE SEATED IN A CHAIR WHEN WE PRACTICE BODY & BRAIN FITNESS?

1. To stimulate the brain as it figures out how to do the tools seated rather than standing
2. To engage the core muscles which support the spine and limbs
3. To activate the vital organs of the body
4. To stimulate the systems of the body which radiate from and return to the core (i.e. respiratory system, digestive, endocrine, lymphatic, circulatory, etc.)
5. FINALLY, to level the playing field so EVERYONE can do this! (Yet not THE reason we are in a chair for Ageless Grace).

THE THREE R'S OF Body & Brain Fitness by AGELESS GRACE: Respond, React, Recover

PRACTICE TOOLS/MOVEMENTS: 10-15 minutes a day, 1 tool to a song, 3-4 songs (about 3.5 minutes per song on average) barefoot, in a chair, next to a "music maker", able to see a clock - stop after 10-15 minutes. Daily practice maintains and can INCREASE brain function. 2-3 times a week is better than none – daily is ideal!

Let's help change the model of aging in the world by telling others how
CHANGING YOUR AGING BRAIN CAN BE AS SIMPLE AS CHILD'S PLAY!

Please watch: <https://www.youtube.com/watch?v=cXTpLgtH60Y>

It's never too late to begin. It's never too early to start™.

Preventative Maintenance • Restorative • Developmental

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*We don't stop playing because we grow old...*

*we grow old because we stop playing!*

*(George Bernard Shaw)*

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