

Our childhood makes us what we are today...or does it?

Category – Childhood experiences and genetics

July 2008

In a recent article by *Harvard Business Review*, neuroscientific research now shows that the health of your brain isn't, as experts once thought, just the product of childhood experiences and genetics; it reflects your adult choices and experiences as well. Professors Gilkey and Kilts of Emory University's medical and business schools explain how you can strengthen your brain's anatomy, neural networks, and cognitive abilities, and prevent functions such as memory from deteriorating as you age. The brain's alertness is the result of what the authors call *cognitive fitness*--a state of optimized ability to reason, remember, learn, plan, and adapt.

Certain attitudes, lifestyle choices, and exercises enhance *cognitive fitness*. Brain-imaging studies indicate that acquiring expertise in areas as diverse as playing a cello, juggling, speaking a foreign language, and driving a taxicab expands your neural systems and makes them more communicative. In other words, you can alter the physical makeup of your brain by learning new skills and using specific brain activation strategies like the Brain Gym® movements (a cognitive fitness tool).

The more cognitively fit you are, the better equipped you are to make decisions, solve problems, and deal with stress and change. Cognitive fitness will help you be more open to new ideas and alternative perspectives. It will give you the capacity to change your behaviour and realize your goals. You can delay senescence for years and even enjoy a second career. ([More info on the Aging Population and Cognitive Fitness](#))

Cognitive/Brain Fitness programs are easy enough for children, adults and seniors to take part in, and has also yielded successful results with those who have specific neurologically based learning disabilities, such as Autism, ADHD, Anxiety, etc.

Brain Fitness programs like Brain Gym® program is actually just one slice of an entirely new field of study on the learning process that Dr. Dennison and his wife, Gail, have developed: Educational Kinesiology.

Educational Kinesiology is a comprehensive science and language of movement as it relates to learning; the Brain Gym® program is a physical exercise program comprised of movements that have been found effective to activate and build new neural pathways for improved cognitive readiness and academic performance. Dennison's groundbreaking work in movement-based

learning has been internationally recognized with numerous honors, including the Reading Excellence.

Participants of Brain Fitness training become self-aware and are empowered to positively impact their own growth and fulfillment! [Read more on Cognitive/Brain Fitness](#)

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers and *Cognitive Fitness Experts!* Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide [keynotes](#), [in house](#) and [community training](#) and personal and professional coaching services to a wide range of [organizations](#), [schools](#) and the [community](#). For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.



Become The Sculptor Of Your Brain!