

How to become the sculptor of your brain

Category – Cognitive fitness

September 2008

We recently can across an article in the *Washington Post*, discussing the growing field of *cognitive fitness*.

Research supports a multi-pronged approach to cognitive health, featuring good nutrition, stress management, and both physical and mental exercise.

A well planned out Cognitive fitness movements program supports a holistic, multi-pronged, and multi-dimensional approach.

- ✚ It uses the physical body to stimulate, and create neurological pathways.
- ✚ It can be done alone, in partners or in group - great for solo-entrepreneur, or in a boardroom or classroom.
- ✚ A self directed learner can use it to support their achievement; equally the entire family can participate!
- ✚ Cognitive Fitness movements can be done strategically based on activity or in specific combinations to achieve particular goals.
- ✚ Can be done to shift general sense of wellbeing and attitude AND/OR work on very specific needs, goals and outcomes!

We know the importance good nutrition serves as the building blocks for a healthy [body and brain connection](#) -- especially the requirement of hydration.

Figuring Water Needs by Body Weight

Weight divided by 3 = Number of ounces

of ounces divided by 8 = Number of glasses per day

i.e., 144 lbs divided by 3 = 48 ounces

48 ounces divided by 8 = 6 glasses per day

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!