

GET WHAT YOU NEED OUT OF LIFE<sup>SM</sup>

# Get Smarter, Get Stronger

## Build Your Brain Power at Any Age

Brain health, vitality, clarity and strength are all possible *throughout* your life.

### The Ultimate Key to a Healthy Brain

Continuous...

- Active learning
- Change
- Acquisition of new skills, hobbies, and activities

All of these require that the brain remodel itself and form new neural connections.

### Learn to Dance: The Amazing Effect of Dancing on Your Brain Health

- Increases oxygen consumption – more oxygen to the brain!
- Releases oxytocin – improving emotions!
- Creates network (nerve) connections – remodeling your brain with the intricate steps and movements, timing and coordination

### The Effects of Learning Something New

- Brain cells learn when exercised
  - Nerve connections increase with learning
  - Practice stimulates more nerve connections
- Brain cells adjust with our individual life experiences, thereby constantly evolving
  - This is what scientists call “neuroplasticity” – the discovery that our brains never stop evolving

### Did You Know?

How *interested* you are in learning something new impacts how much you will remember the new item, topic or information.

- *Not interested?* You will remember 10% or less of what you are taught.
- *Interested?* You will remember more than 90%!



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