



JOAN MARGARET, D.C.

Chiropractor & Applied Kinesiologist

6536 Telegraph Avenue. Suite A102, Oakland, CA 94609

(510) 658-9066 • Fax: (510) 658-9079

BENEFITS OF BRAIN TRAINING

by Ann Valliant

1. **Better Memory:** Brain fitness training is clinically proven to help people remember more.
2. **Getting Thing Done:** Brain training software sharpens visual processing, thus helping people get things done more quickly and safely. Brain training helps people be more focused and alert so they can spot things faster and react more quickly.
3. **Safer Driving:** Brain fitness training is clinically proven to speed up reaction time behind the wheel, so that when a danger comes your way you can stop in time. Studies show it cuts crash risk by 50% and improves confidence behind the wheel, even in difficult conditions.
4. **Self-Confidence:** Imagine pairing your self-assurance in your skills and wisdom with the confidence a faster, sharper brain can bring. Brain fitness training speeds up and sharpens the brain, which makes people feel more self-confident in their daily lives and inspires them to seek new experiences.
5. **Trying New Things:** With age, many of us tend to get more hesitant about doing things outside our comfort zones. It can be all too easy to find reasons not to try something new. But new experiences are part of what makes life such an interesting adventure. By speeding up and sharpening the brain, people can be more engaged and on-the-ball. The feeling that they can handle anything that comes their way has inspired many to get out there and do something different.
6. **Quicker Reactions:** How quickly you can react to something depends on how quickly your brain registers it. The faster it sees a cat darting into the street, the faster you can step on the brakes. The quicker you spot a toy on the stairs, the more time it has to prevent you from tripping. Brain fitness software that speeds up visual processing can increase your response time dramatically.
7. **Sharper Listening:** You may not be aware that sharp listening depends as much on the brain as on the ears. After age 30, the brain's auditory processing gradually slows down, making it harder to understand speech, especially when someone is speaking quickly or in a noisy environment. Brain training that uses your auditory response can speed up auditory processing so you can hear more clearly in any situation.
8. **Finding Words:** Brain training speeds up and sharpens the brain, helping you retrieve words more quickly—so you no longer have to say “what’s that word again?”
9. **Sharper Vision:** Brain training speeds up visual processing and expands your “useful field of view” so you can take in more with each glance. The result: you’ll



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see more than ever before in every task.

10. **Faster Thinking:** The up side: With each passing year, our wisdom grows. The down side: With each passing year, our brains tend to slow down a little. Brain training speeds up the brain. Brain fitness programs can help older people achieve brain speeds that match that of the average 30 year old.
11. **Good Mood:** People who do brain training usually experience better mood. By boosting confidence, improving communication, and fostering well-being, brain training can play an important role in helping people feel good. Also, the brain “likes” exercise, just like our muscles do.

WEBSITES WITH FREE BRAIN GAMES LISTED ON RESOURCE PAGE (membership is not required to play)