

Introducing *Cognitive Cardio*

The Most Fun You'll Ever Have Getting Fit

What is it? It's the perfect anti-aging exercise. Part heart-pumping aerobic action, part brain teasing game, Cognitive Cardio is designed to exercise your mind and your body at the same time.

Why is it important? Most of us know that physical exercise is good for our general health, but did you know that physical exercise is also good for your brain? Every time we exercise vigorously, we increase our breathing and heart rate so that more blood and oxygen flow to the brain. Based on exercise and health data from nearly 5,000 men and women over 65 years of age, those who exercised regularly were less likely to lose their mental abilities or develop Alzheimer's disease.



Of course, mental stimulation is just as important for improving brain function. "By simply engaging in cognitive exercise, you can protect against future memory loss," says Dr. Yonas Geda. Last November, a team from the Mayo Clinic and the University of Southern California announced that one computer-based mental training program appeared to improve older people's cognitive performance by as much as 10 years.*

The best of both worlds. Cognitive Cardio brings together the best of both worlds by providing a low-impact cardio exercise routine that challenges both the heart and the brain. And because it's computer-based, the Cognitive Cardio program can be easily adapted to the varying needs and fitness levels of all our members. It's efficient, it's effective, it's addictive and **it's fun!!**

Will Cognitive Cardio Make You Smarter? Well, we can't make any promises, but we can tell you that this fun, multiplayer program delivers a host of proven benefits including:

Physical -- Aerobic exercise, agility, speed, balance, coordination, reaction time, endurance

Cognitive -- Concentration, mental performance, learning ability, abstract reasoning, sequencing, pattern recognition,

Social Benefits -- Collaboration, confidence, energy, attitude, humor :-)

As with the Power Plate, we will provide personal training and certification for all of our members as soon as we have the new technology up and running, so stay tuned for that schedule!

* [Mental Exercise May Stave Off Memory Loss](#), by Madeline Ellis, Health News, 9/1/2010