

# Neuroplasticity: Training the Brain while Training the Body

Adapted from the SCW Fitness Education's Active Aging  
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## ACTIVE AGERS: What to Consider

- Not just the physicality of the body! ADLs, healthy body composition, movement and ROM are important but don't forget.....

### THE BRAIN!!



How can we retrain the brain??

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STOP AND THINK!

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Simply Stated....

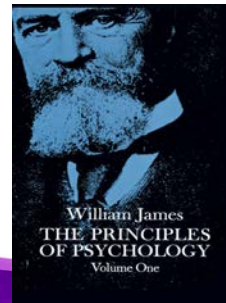
Brain Skill + Simple Movement =  
**NUEROPLASTICITY**



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## NUEROPLASTICITY

- The term “Plasticity” Dates back to William James in his “Principles of Psychology written in 1890
- Today, recent research tells us about the importance of neuroplasticity training combined with physical movement skills to strengthen, improve, and even change some brain regions
- Can help manage anger, fear, and depression, and serve as a viable complement and sometimes alternative to interventional brain medication



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## NUEROPLASTICITY GUIDELINES

- Neuroplasticity occurs with movement.
- Choose the most appropriate mental tasks that ideally undulate between right and left-brain skills.
- Drills work best when done in one’s strongest language.
- Most games come with timed suggestions, so try to follow those closely. For example, counting from 1 to 50 in increments of 7 digits may prove easy but having to reach the number 50 in 20 seconds or less adds an additional layer of difficulty.
- When using amounts of objects, the research agrees that the most desired number is 7 (Glazener).



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## What to expect

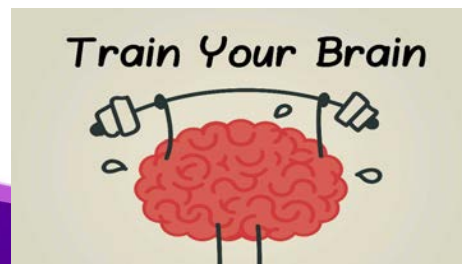
- Counting forward and backward in varying increments
- Simple movement patterns
- Manual dexterity tasks
- Timing training
- Short term memory exercises

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## WATERinMOTION Platinum Specific Neuroplasticity Training

- A neuroplasticity drill will be incorporated into each WATERinMOTION Platinum Release beginning with Release 14. It will be during track 5. The drill will involve simple physical movement and a brain training task. Always keep the focus of brain training on your clients' success and avoid drills that create competitiveness. Be encouraging and enthusiastic when introducing and leading neuroplasticity drills.
- The addition of neuroplasticity training into Platinum will further serve our clients and set Platinum apart from other programs for active agers.

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Thank you!  
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