

# CORE SOULUTIONS FITNESS & HEALTH



Motivating Change For LIFE!  
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[www. CoreSOULutionsFitness.org](http://www.CoreSOULutionsFitness.org) 612.202.8972

Brain Training For Fitness  
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MPLS CONVENTION CENTER  
HEALTHY LIVING EXPO  
JAN 30,31, 2010 4PM

[http://www.mediamaxevents.com/  
HealthSpring/Features.htm](http://www.mediamaxevents.com/HealthSpring/Features.htm)

25 YEARS OF HEALTH FITNESS PROMOTION

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## BRAIN TRAINING FOR FITNESS

Motivating Change For LIFE! Health-Fitness For Today's Health Conditions.  
[www.coresoulutionsfitness.org](http://www.coresoulutionsfitness.org)



The focus of our work at Core SOULutions Fitness & Health is reaching out to communities and organizations with specific training programs geared to minimizing today's health conditions. For instance, we target training for back and core issues, injury prevention, diabetes, chair-bound populations, multiple sclerosis, obesity and stress management.

Today's topic speaks to the benefits of brain training for fitness. As we age we lose mental and physical coordination, dexterity and balance. Mental habit plays a big role.

For example, note which leg you use when you first start to walk. The right, or left? Try starting on your opposite foot, emphasize its use all day for any activity including stairs, jogging and cycling. It doesn't feel quite right. Unless you consistently train yourself to initiate movement from the opposite foot, cognition will lead you RIGHT down your path. Tie postural behavior to personal habit to better understand

how bodies can become imbalanced and injury prone.

Why is it so important in the world of health and fitness? Because 80% of the population will suffer back pain at some point<sup>1</sup>. Most common injuries are due to poor core strength, imbalanced muscles and training, including poor bio-mechanics.

Any new activity can stimulate the brain. Our lunch learning, Brain Train For Fitness includes a full array of fun, analytic movement patterns that initiate self awareness. Counter intuitive training stimulates brain function, blood flow and cell regeneration to the brain<sup>2</sup>.

*"Mental training is basically learning to use your mind to help you consistently perform at your best. Whatever the situation, the more mentally prepared you are, the more likely you are to make the most of your skills<sup>3</sup>."*

Over time, with consistent practice and sound skills, new habits will replace the old.

*In Good Health, Evie*



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DEMOTE STRESS**

Lisa Fecarotta  
Breathing For Life  
See Lisa on our web-lunch learning

**NEW Addition For Core Training  
BENDER BALL**

**Next Article  
LOWER ABS- DO THEY EXIST?**

1. NIH.. See our article - [coresoulutionsfitness.org](http://coresoulutionsfitness.org)  
2. Harvard Study  
3 The Brain That Changes Itself , Dr.Doidge