

## **Brain Bites - Our childhood makes us what we are today.....or does it? – July 2008**

### **Category – Child hood experiences and Genetics**

In a recent article by Harvard Business Review, neuroscientific research now shows that the health of your brain isn't, as experts once thought, just the product of childhood experiences and genetics; it reflects your adult choices and experiences as well. Professors Gilkey and Kilts of Emory University's medical and business schools explain how you can strengthen your brain's anatomy, neural networks, and cognitive abilities, and prevent functions such as memory from deteriorating as you age. The brain's alertness is the result of what the authors call cognitive fitness--a state of optimized ability to reason, remember, learn, plan, and adapt.

Certain attitudes, lifestyle choices, and exercises enhance cognitive fitness. Brain-imaging studies indicate that acquiring expertise in areas as diverse as playing a cello, juggling, speaking a foreign language, and driving a taxicab expands your neural systems and makes them more communicative. In other words, you can alter the physical makeup of your brain by learning new skills and using specific brain activation strategies like the Brain Gym® movements.

The more cognitively fit you are, the better equipped you are to make decisions, solve problems, and deal with stress and change. Cognitive fitness will help you be more open to new ideas and alternative perspectives. It will give you the capacity to change your behavior and realize your goals. You can delay senescence for years and even enjoy a second career.

The Brain Gym® program is easy enough for children, adults and seniors to take part in, and has also yielded successful results with those who have specific neurologically based learning disabilities, such as Autism, ADHD, Anxiety, etc.

The Brain Gym® program is actually just one slice of an entirely new field of study on the learning process that Dr. Dennison and his wife, Gail, have developed: Educational Kinesiology.

Educational Kinesiology is a comprehensive science and language of movement as it relates to learning; the Brain Gym® program is a physical exercise program comprised of movements that have been found effective to activate and build new neural pathways for improved cognitive readiness and academic performance. Dennison's groundbreaking work in movement-based learning has been internationally recognized with numerous honors, including the Reading Excellence through the Arts Award in association with the International Reading Association.

Jill Hewlett and Sharon Todd are both Educational Kinesiologists and Licensed Brain Gym Trainers. Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations and the community. For more information go to [www.brainworksglobal.com](http://www.brainworksglobal.com) or call 905.830.6902.