



*“Great minds are fit minds”*

**The Mind Fitness Program**® is designed to improve the participants’ performance by stimulating spatial skills, 3D visualization, analytical abilities, pattern recognition skills, memory, attention to details, and general mental performance of participants.

It uses a variety of exercises designed to challenge specific areas of the brain, just as the physical exercises affect various muscle groups. The exercises are disguised as games since one of the most recent trends in education is the “edutainment” concept. It combines the education content with entertaining activities so, the participants learn while having fun.

The program is extremely flexible and can be adapted to various locations, number of participants, or time intervals, and applies to all age brackets with educational or medical applications. It is designed to be offered in several stages, from the easy to the more complex type of challenges, and each stage may be expanded or reduced as needed.

The program uses trained Mind Coaches to administer, supervise, and constantly monitor the participants’ performance. An integral part of the program is the inclusion of a training session to teach the details needed in administering to their respective participants. The Mind Coaches will determine the content, pace, and duration of each challenge since every participant responds differently to different types of challenges, so the program can be completely customized as needed.

The program utilizes ten learning aids divided into three categories – core, auxiliary and optional. The core category creates the foundation of spatial visualization, pattern recognition, abstract thinking, and attention to details and includes the following:

- Pick Put Peg
- PuzzleBuild
- KryptoGlyphs
- Touch N’ Tell

There are four learning aids included in the auxiliary category that further increases the pattern recognition and abstract thinking skills. There are four learning aids included in this category.

The optional category is for advanced players to further develop their mental abilities. There are two learning aids in this category.

All these activities do not require computer skills or any advanced technology, just the old-fashioned physical handling of simple objects and following easy to understand rules that will help the players improve their mental abilities and set this program way ahead of any competition!