

SENIOR COLLEGE – NEUROBICS – SESSION 2 Fall, 2010

WISE UP! BRANCH OUT!

RE-model, RE-fire, RE-gain the BRAIN!

The NEUROBIC ACT!

New cells, new branches, new pathways.

NEUROBICS----Healthy ACTIONS for a AGE-less YOUTH-full Mind

Remodel Repair Reclaim Recharge Refill Refire

Rehearse, Retread

Think BOTH down and up, forward and backwards, out and in, old and new, same and different, right and left. BUT, especially emphasize the METHOD ACTING skills of turning on the CHEMISTRY of a HAPPY, HEALTHY -----which is UP, OUT and FORWARD-----Think NEW, DIFFERENT, NOVEL, UNIQUE, WEIRD, CREATIVE.

Sharpening the senses---makes cents. DRAMATIC Health Benefits.

METHOD ACTING a HAPPY \$uccessful role-----Makes \$ense!

Play at INNERtaining the CHEMISTRY that builds brain connections.

UP, OUT and Forward-----Crib Sheet.

SHARPEN---the senses.

Vision—

Hearing—

Taste---

Smell----

Touch----

Balance---

And pay attention to GUT FEELINGS! Wisdom. Intuition.

Simple activities----Practice---Right/Left cross over.

using the non-dominant hand for tasks

Eating

Writing (also upside-down, backwards)

Dressing.

**Vision** --above tasks with EYES CLOSED

Identify new and old **sounds**----birds, name of tunes, instruments

**Move It**---RE-New movements and coordination.

**BALANCE** on one foot. Dance. March. Skip. Hop-----be as ChildLIKE as possible----J'ARM---Jog with the ARM's and Conduct yourself WELL!

**Play games**----cards, competition is a brain stimulator

**Develop hobby**----be productive.

**Have a quest.** A goal. DREAM the impossible DREAM

**Read**---to self, out loud to others and listen to others read.

**Connect** with old and make NEW friends.

**Socialize**----follow the crowds. But take a risk-----attending a new, "far out", outlandish event---for you! Example--Orchestra Concert goer—to----a pro wrestling match (or visversa)

CHANGE the Costume---style, color -----up-beat.

Doing new things and going to new places with new freinds is a super way to BRANCH OUT the brain. There is growing interest in the new medical field called, NEUROBICS. That shows that any one at any age can continue to build brain STRENGTH if we keep doing new, different, unusual, constructive, participative activities

ACTivities that RE-ACTivate the brain

UP, OUT, FORWARD---If you think it or want to do It and it is not illegal or harmful to self or others DO IT.

If we repress and get anxious and scared

If NO express of new idea

Become Depressed

High Spirits

Other Neurobic exercises---

Put hand up---say down etc.

Go to the right say left---

Look down say I'm Happy

Write name with left hand

With pen from naval

J'ARM---holding an imaginary orchestra conductors baton----

What was an embarrassing moment

LAUGH at---with or along-----as much as possible.

Say an annoyance and then go HA, HA, TE HE ect .

How are you----- at WHAT

Costume----UN-STRESS for success

Be expressive----if repress become depressed.

Take a risk----say something outrageous, funny, shady-----Oh that's just Dale, pay no attention, he's always that way.

## EXERCISE

Upper body

Lower Body---up down from chair

Perineum—bladder, bowel exercises

WALKing sticks vs canes

Prandic YOGA exercise

Avoid inflammation

Thin Skin---Cover arms and legs when working outside

Sun screen----viltamin E

Skin itchs----detergent, sheets unde

Gum disease---floss

Voice----Talk to yourself

Breath----faster to raise energy

CON—spiracy speaker and audience breath together

Exercise-----how do you feel-----breathing faster or slower?

CO2 vs O2----breath faster and get more O2

Breath slower more CO2----more acid----relax---sleep---vessles

Dilate, BP down

Pay attention----

Energy----Retention Follows Attention---

The C's

Connected---how to start a conversation, bold, compliment, "I'm along too", do you come here oftens. What on the menu is the best. What is your tip for good health.-