

FRIENDS OF NVT

OFFICIAL NEWSLETTER OF INNEURACTIVE



WHAT'S IN OUR LATEST ISSUE:

INTRODUCTION

As we advance into another season of innovation and growth, this issue brings to light a unique blend of physical and cognitive wellness through our highlighted feature, "From Stretching Limbs to Synapses: Neurobiks™ Holistic Approach to Senior Health". Here at Friends of NeuroVisual Training, we are continually inspired by the remarkable strides we make in enhancing the quality of life for the senior community, and Neurobiks™ stands as a testament to our commitment.

In this edition, we dive deep into how Neurobiks™, an innovative offspring of Inneuractive, is reshaping the approach to senior health by uniquely combining physical exercise with neuro-cognitive training. Designed specifically for those aged 60 and above, Neurobiks™ not only addresses the physical aspects necessary for sustaining health but also enriches the cognitive abilities that define a vibrant life.

Our main article showcases the comprehensive structure of Neurobiks™ classes—from the engaging warm-ups that prime both brain and body, through the thoughtful neuro-visual training segments, to the community-driven cognitive and physical exercises. This approach not only keeps our members physically active but also mentally sharp, fostering a community where every member supports and pushes the boundaries of what's possible in senior health.

Furthermore, in our "How to Conduct NeuroVisual Training with the Elderly Population" section, we provide a deeper insight into the specific methodologies and adaptations that make Neurobiks™ accessible and beneficial for all participants, regardless of their physical capabilities.

Join us in this issue as we explore the synergistic benefits of melding physical health with cognitive fitness, proving once again that aging can be a journey of opportunity and strength. Let's continue to break new ground together, ensuring that every step taken is not just for longevity but for a life well-lived.

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From Stretching Limbs to Synapses: Neurobiks™ Holistic Approach to Senior Health

For centuries, physical exercise has been a top priority for society when a large swathe of the population had to do manual labor to survive. As we age, it becomes more and more important to maintain physical fitness and function to have better quality of life. We all know and understand the importance of maintaining physical fitness, but rarely is brain fitness listed as a top priority for people pursuing overall health and wellness. Contrary to this thinking, the brain does need exercise as much as our bodies. That's where Neurobiks™ comes in!

At Neurobiks™ we cater to the 60+ age group unlike any other existing gym or fitness center anywhere in the world. We will strengthen your physical fitness as well as neuro-cognitive fitness in a validated and scientifically proven manner. The differentiating factor of our programming is our training algorithm caters to the needs of all members in the class, keeping everyone involved and participating on the same tasks albeit at different skill levels.

Since Neurobiks™ is an Inneuractive offspring, the philosophy of the 3 Pillars of NVT is the same (V1I1). In addition to the 3 pillars we include community as part of our programming with Neurobiks™ classes. This classroom style training allows for great social interaction, competition, and learning from one another in a fun and engaging manner. Socializing has many cognitive perks, it requires conversations, real-time problem solving, intellectual stimulation, and more. Learning new things while adapting to social situations can absolutely contribute to the maintenance of cognitive function.

So, what does a Neurobiks™ class look like?

Every class begins with a warm-up that includes dynamic and static stretches to prepare the brain and body for movement. There's a heightened focus on key areas for this demographic by focusing on shoulder, knee, ankle, hip, and back mobility. We aim to slightly elevate the heart rate during the warm-up, usually through low intensity cardio like, rowing, biking, or simply walking a few laps.

After the warm-up, we move into neuro-visual training where we target the 3 pillars in an age-appropriate manner. We do many exercises in this segment of our class ranging from reading charts, brain card games, pitch & catch, and other fun activities. A unique feature of our class is that we will actively coach and educate class members on how these activities not only apply to cognitive function, but how these activities apply to daily life.

Post-NVT, we end each session with a light, physical workout combined with cognitive drills. The beautiful part of this segment is it affords members a moment to push themselves if they choose, or work on range of motion, or core. This allows for members to pursue their individual goals all while in a class setting with friends and family.

Everybody knows somebody that can benefit from this program. So, what are you waiting for? Come check out Neurobiks™ solo, with a friend, or with a parent or grandparent. Classes run Monday-Friday from 11AM – 12PM at CrossFit Cincinnati, in Blue Ash OH, or email Laura@novusmgllc.com. Get access to state-of-the-art neuro-cognitive fitness for an affordable price, we're here to get you started on your journey to neuroplasticity and physical health. Remember, "aging is not 'lost youth,' but a new stage of opportunity and strength," – Betty Friedan.

How to Conduct NeuroVisual Training with the Elderly Population

Since the start of 2024, Inneuractive has been actively running our Neurobiks™ program. This program is introduced in the feature article of this issue (V11I2). The results and the testimonials from our clients have been powerful.

But why? How are these results being created? In this 'How To,' we'll deep dive into the why's and how's of Neurobiks™. We'll discuss the warm-up, the NVT program segment, and the physical exercise. We'll also briefly touch on our philosophy of modification to express how we tailor training sessions to all potential limitations and age ranges.

The Warm-Up

A typical warm-up at Neurobiks™ begins with light movement on a cardio machine (or walking depending on mobility). Biking or rowing 2-3 minutes gets our client's heart rates up with a goal to improve blood flow to their brains. After the initial cardio, we move into stretching and mobility. This piece of the Neurobiks™ training is crucial to keeping our clients moving safely and smoothly.

There can be limiting factors that prevent members from performing the scheduled stretches to their full capacity. It is important to navigate these challenges and accommodate to whatever level your clients can do. Neurobiks™ trained coaches are instructed on how to progress or scale back exercises as appropriate for the clients.

For example, the Runner's Stretch is often programmed into class. Many clients do not have the ability to get all the way down to the floor, safely and comfortably. Does this mean we give up on the stretch and or move the client onto something different than what the class is doing?

Not at all! There's always a way to scale a stretch or movement. In the example with the Runner's Stretch, we can simply have the client stand with one foot elevated onto a low box or weight plate. From there, have them gently lean forward, shifting their weight onto their front foot. Consequently, this will appease the limitation of getting down to the floor but will also allow them to comfortably stretch their hip flexors as the stretch is designed to do. Furthermore, PVC pass throughs are often used to increase clients' shoulder range of motion. When working with the elderly population, we often deal with clients who have had shoulder replacements, or shoulder injuries, making it difficult to perform this full range of motion movement. Again, do we give up on this stretch? No, we have options! Clients can scale this movement by only raising the PVC pipe as far as their range allows. Another option is alternating arm raises, reaching as far as possible over their head as appropriate for their abilities.

NVT Segment of Neurobiks™

Immediately after the warm-up, we segue to our neuro-visual training segment. Although some of these exercises can be done standing, as an added challenge, most of these exercises can be performed seated as well. An example of a NVT progression is taking a seated 1-page Hart Chart and adding a balancing activity. This can include reading the Hart Chart using a tandem leg balance and or standing on an unstable platform such as an aerec or half-bosu. Another example of NVT modification is on the light board (V2I4, and V9I3). Some clients prefer to stand while using the light board, but for someone, with limited mobility, or if they fatigue easily, the light board can be performed while seated.

Not only can we scale the NVT physically, but we can also add levels of complexity from a cognitive standpoint. Continuing with the 1-page Hart Chart example, you can advance this by having your clients reverse the direction they read the charts. This goes against the traditional left-to-right scanning of reading and forces them to read in a completely unnatural manner. Some of the testimony feedback we've received from clients is that our NVT never gets boring. Once they believe they have mastered one skill, we throw a curve ball and make it even more challenging to keep their brain guessing. This can include a pitch and catch activity, a memory overlay, flash cards or other multitasking activities.

Strength & Conditioning with Cognitive Overlay

Each class ends with a strength & conditioning style circuit that is designed to be low intensity, but clients have the option to push themselves or pace themselves. During this segment, we implement memory cards to give clients a longer format cognitive task while they exercise. With a larger class, this becomes a super popular and engaging activity where the class must memorize 20-30 words as a group and then collectively work together to recall all the words at the end. This activity builds community for the group and a sense of comradery. It's a great teamwork activity to bond the class together and activates more brain cognitive activity through trying to recall the words throughout the entire class.

Neurobiks™ is fun and scalable for everyone! Our focus is to keep class interesting and enjoyable as we strive to keep our clients' minds and bodies healthy and strong. For more information, please email Laura at laura@inneuractive.com

Announcement

Welcome Aboard Rae Hatton!

We are excited to announce that Rae Hatton will be joining Inneuractive on May 1, 2024, as our newest Neurobiks Coach and CL1 Trainer. Rae brings a wealth of experience and a passion for cognitive and physical training that is sure to inspire and benefit our members. Please join us in welcoming Rae to our team—we look forward to the expertise and enthusiasm she will bring to our programs!

Best of Luck in the CFL Draft, Franky West!

As Franky West continues his journey toward a professional football career, we are thrilled to support him as he prepares for the upcoming CFL draft. Franky's resilience and dedication are truly inspiring, and we are all cheering for his success. Best of luck, Franky—we believe in you!

As always, please check out our store, <http://www.inneuractive.com/shop> ! We regularly add new products and are excited for the upcoming launch of our NVT warmup panels, and the Speed of Accommodation and Processing software platform.

We encourage our Friends of NeuroVisual Training community to engage with these enriching resources. Your commitment to staying updated fuels the advancement of our field, and for that, we are sincerely appreciative.

Disclaimer: Nothing in this communication should be construed as a practice of medicine, an endorsement, or political action. The opinions are the opinions of the authors.