

# FRIENDS OF NVT

OFFICIAL NEWSLETTER OF INNEURACTIVE



WHAT'S IN OUR LATEST ISSUE:

## INTRODUCTION

Welcome to this week's issue of the Friends of NVT Newsletter! We're excited to focus on enhancing the lives of the elderly through NeuroVisual Training (NVT). This edition highlights how NVT can improve driving safety, balance, and memory, even for those without brain injuries.

As people age, reaction time and vision can deteriorate, but NVT can uptrain these skills, making driving safer and reducing anxiety. Improved balance through NVT helps prevent falls, a major concern for the elderly. Additionally, NVT can enhance memory, boosting emotional well-being and staving off cognitive decline.

Our "How To" section introduces Neurobiks, an NVT program for seniors aged 50 to 80, showing how to implement it at home using everyday items. This guide provides practical steps to combine NVT exercises with physical activities, ensuring seniors stay fit and mentally sharp from the comfort of their homes.

Stay tuned for more insights on the benefits of NVT for the elderly. Share this information with your loved ones and help them improve their quality of life. For more details, visit [Inneuractive]([www.inneuractive.com/live/](http://www.inneuractive.com/live/)).

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# NVT for Elderly: Enhancing Cognitive Functions

NeuroVisual Training (NVT) is used to treat brain injuries of all types, including stroke. This is widely known, but the benefits to the elderly to those without injury can be missed. The benefits are prevalent in overall well-being, through several supplemental devices.

The first benefit we'll touch on for doing NVT is driving safety. With age, reaction time and field of vision can deteriorate. As seen in athletes, both qualities essential to driving can be uptrained through NVT (V6I2). This alleviates driving anxiety from being unable to handle the multitasking and unexpected moments that arise while on the road.

Another benefit from doing NVT is balance. A major fear of the elderly and their caretakers is falls. With delicate bones and weak muscles, many injuries arise from a fall that can degrade their quality of life. With NVT training, proprioception and balance improve in patients and mitigate the risk of a fall. NVT can also be used as an adjunct post fall injury as part of rehab (V9I5). This, when paired with the aforementioned reaction time increases, creates defenses against falls and promotes brain healing post injury from a fall.

Finally, memory. Though the implications of memory can be less severe than crashes or falls, the emotional health and well-being of people can be very dependent on their memory. A failing memory may lead to hesitation and put a person at risk of a fall or accident. Failing memory also has a tremendous social stigma. These impact the quality of relationships the elderly can maintain, preventing family and friends from becoming caretakers instead of companions. So, what can NVT do? With the brain training component of NVT, short-term memory, long-term memory, and word finding are uptrained. The current literature has little evidence to support a reversal of cognitive and memory decline with training. But there is emerging evidence that NVT, neuroplasticity and cognitive training may slow or stave off cognitive decline as we age. These improvements lead to better recollection, conversations, and confidence in those who realize they are improving at a time when it is more expected to deteriorate.

There are other benefits for the elderly for doing NVT. Peripheral vision, short term memory, multitasking, problem solving, and speed of processing are all things that can be improved with NVT. We'll deep-dive into these aspects of elderly NVT in a future article so, stay tuned!

In summary, the elderly can improve confidence and safety through NVT. Whether it be defense on the roads, defense against falls, or defense against memory loss, it is clear that quality of life can be improved and maintained with NVT. Additionally, making improvements to self in the later stages of life will facilitate confidence and decrease anxiety for the elderly and the communities they interact with. If you or someone you love considers this beneficial, share the story of NVT with them and get them started on a path to growth. More information can be found at [www.inneuractive.com/live/](http://www.inneuractive.com/live/)

## How To: Neurobiks at Home

Neurobiks is NVT for 50- to 80-year-olds. This how to is describing how one can implement NVT based Neurobiks at home. As Neurobiks has been up and running successfully for several months I have encountered seniors asking how they can implement our hybrid NVT + Physical Exercise training in their own homes.

Looking into the vast library of physical exercises, we find that there are many that can be done in the comfort of one's own home with additional resistance added using everyday household items for an extra challenge. But that vast library does not need to be daunting. Furthermore, all of these exercises can be modified to a seated version if participants are not as mobile.

Throughout this article, I will discuss how to prepare a Neurobiks session at home. Giving a senior the skills needed to keep themselves physically and mentally fit in their own home is a skill that will benefit them for a lifetime.

We will begin with listing a few everyday household items that can be used during a workout. A kitchen chair works perfect for Sit to Stand squats and seated Leg Extensions. Full Half Gallon jugs can be replicated as dumbbells for Bicep Curls or Upright Rows. Canned food items can be used for Lateral Raises or Shoulder Presses and a simple step can be converted into a box for Step-ups. There are a lot of ways to get creative! And don't forget, every movement can be modified or progressed as needed depending on the senior's level of fitness.

Along with household items, the participant will need a few Neuro Visual Training materials to complete their workout essentials. Hart Charts (V117), Stroop Charts (V218) and a Brock String (V512) make for a sufficient training pack. Start by hanging up the series of charts at different stations in your workout space.

Once your space is set up, you can consider developing a circuit style set up for your Neurobiks training. Please remember that NVT is based on 3 pillars (V111) **and that our training principals generally engage with short rapidly changing exercises of 1 to 3 minutes each.**

**Station 1** will be a set of Vertical charts, **station 2** will be Scanning charts and **station 3** will be a Stroop reading.

Now is the fun part! We can mix and match the NVT exercises with the Physical exercises (V1112). Listed below is an example of an at home circuit.

Beginning at **station 1** we start with Vertical Hart Charts. Pair this NVT drill with full ½ gallon jug Upright Rows. Complete as many chart characters and Upright Rows as possible in a 1-minute run. A few tips to keeping solid form are elbows driven high to the ceiling and chest held tall. Time's up! The first station is complete. Here the participant may take a short rest to write down their chart reading score and then get back to work.

**Station 2** is Scanning Hart Charts (V813) paired with canned food Lateral Raises. Canned corn or beans work great! Be sure to not raise the arms higher than shoulder height to protect the rotator cuffs. Again, the goal of this station is to read as many characters and perform as many Lateral Raises as possible in 1 minute. Furthermore, the participant must write down their score, catch their breath, and get back to work. Keep it up!

Moving onto **station 3**, we have a Stroop chart, paired with staircase step-ups. The senior's goal is to alternate their feet on the step-ups, while they read the chart, to simulate walking up the stairs or on uneven ground while at the same time paying attention to their surroundings.

The timer is set for 1-minute, ready go! The objective is for them to complete as many step-ups as possible and to finish the Stroop chart. If the participant finishes the Stroop chart before the 1 minute is up, they must keep performing step-ups till the time is complete.

The senior participant is prescribed to perform this circuit 3x, changing out the Stroop charts each round so that they complete Stroop's 1, 2 and 3. At the completion of round 3, they must recall the non-colored words in Stroop 3. You are done with an at home Neurobiks circuit. It is important for seniors to cool down after their workout with some deep breaths, light stretching and to rehydrate. Also consult your physician before you start a NVT or Neurobiks program.

Consider looking into Neurobiks at home training, it will add an abundance of convenience to senior's schedules and keep them fitter and sharper, ready to tackle daily activities with more confidence. Be sure before you begin any Neurobiks workouts to check with your doctor due to the physically straining components.

## Announcements

Inneuractive is running a Neurobiks class at the Lakota YMCA. Sign up now to book a spot. [Laura@inneuractive.com](mailto:Laura@inneuractive.com)

Some of our upcoming issues will have articles about the Hercules system: <https://www.youtube.com/watch?v=lbu5pBsduY0>. Check out the video to learn more and to be more informed about Hercules' reaction time and split attention exercises.

If you see our articles about the lightboard, we have upgraded the light board to the Zeus system. To find out more about how we've upgraded the lightboard concept check out this video. <https://www.youtube.com/watch?v=OvvuAvh9bxY>

Congratulations to Leo Hull, who recently earned CL1 certification. Leo is a 17 year old high school student and Inneuractive intern. That makes him our youngest CL1.

If you are finding that every other week for an NVT infusion is not frequent enough, please keep an eye out for our latest post series called, Brain Rae's. Brain Rae's will come out twice a week with focused (150 words) postes on an NVT topic. It will be available on our Twitter (X) @FriendsofNVT.

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.