



Polara Health

GUIDING YOUR WAY TO WELLNESS SINCE 1966

Optimizing Brain Fitness



Jen Beyst

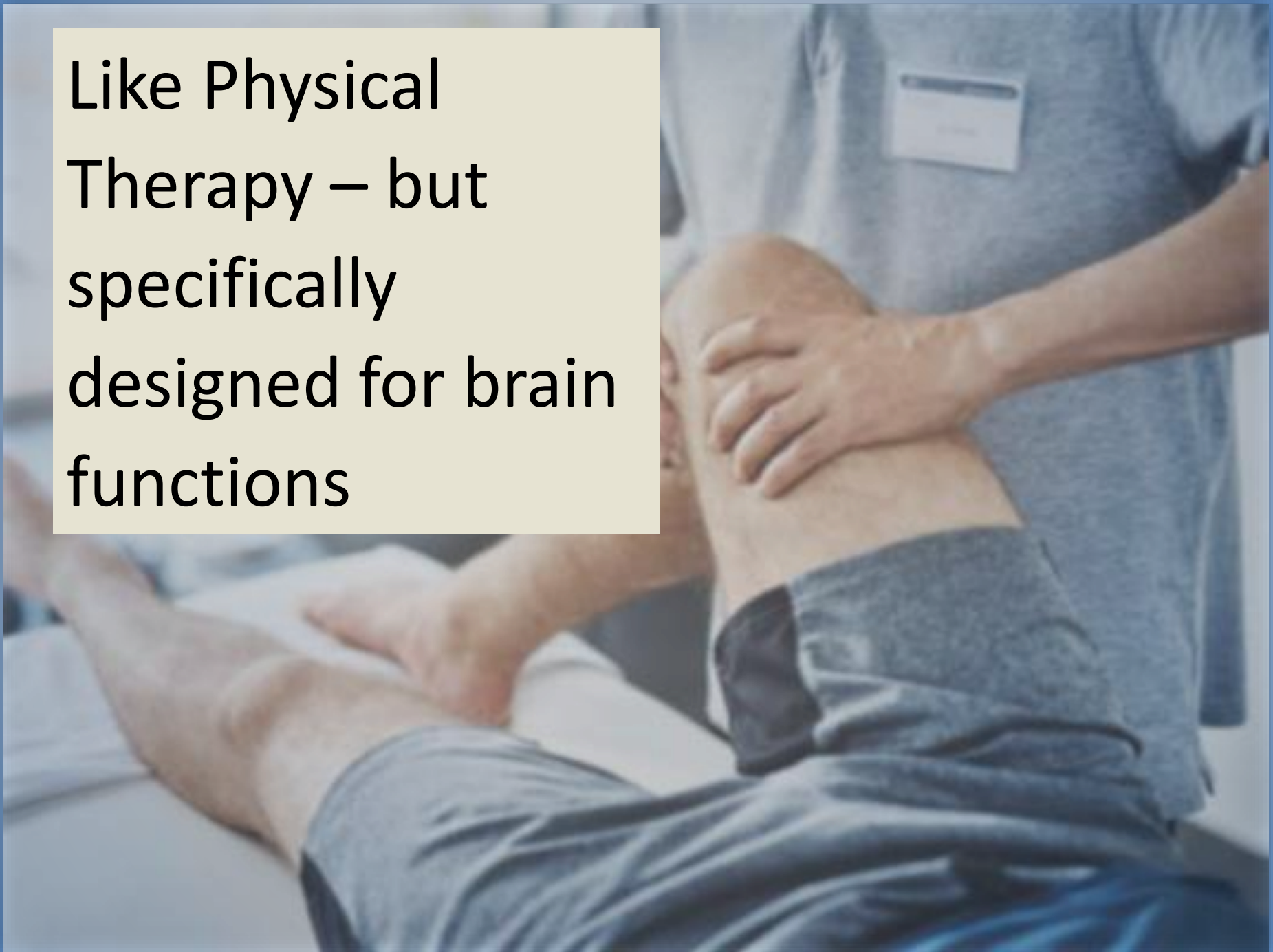
Co-Creator –
CFDT
Co-Founder –
CFDI

Kate

Delafield

CFD Master
Team Lead –
Polaris Health

Like Physical
Therapy – but
specifically
designed for brain
functions



- Cognitive decline was genetic, inevitable, and irreversible.
- There is little besides diet and exercise that a person can do to stave off dementia or Alzheimer's

Aging Old School



The Current Science

- Cognitive vitality can be maintained and improved
- Cognitive development can help reduce and slow the symptoms of dementia and Alzheimer's



Debunking Myths

“[The brain] responds to use and disuse by either growing and remaining vital or decaying, and thus, for the first time, we are learning to see mental weaknesses as ***physical systems in need of training and practice.***”

—Dr. John J. Ratey, Harvard Medical School, *A User's Guide to the Brain*

What is responsible for the change?

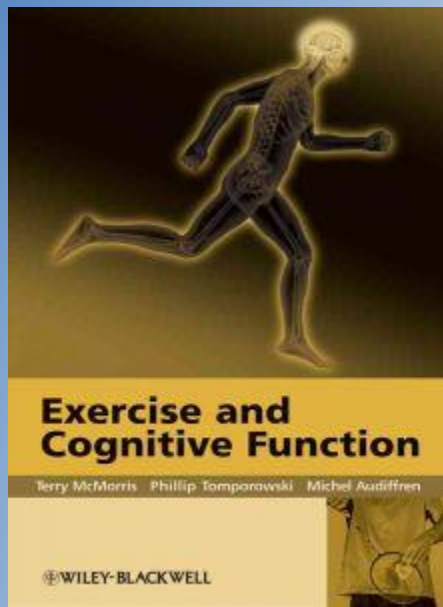
London Cabbie Study



“We have seen directly and within individuals how the structure of the hippocampus can change with external stimulation.”

5 Key Elements For Brain Fitness

1. Regular Physical Exercise
2. Proper Brain Boosting Diet
3. Thought Life Management
4. Adequate Sleep
5. Deliberate Brain Exercise



Physical Exercise

“**Exercise** is the most effective way to improve memory and attention... exercise seems to protect against memory disorders like Alzheimer's.

People who exercise regularly are 50% less likely to develop dementia.

When we exercise, new brain cells are born in the hippocampus- the brain's gateway to new memories.

Karen Postal, PhD

Studies also show that immediately following exercise, problem solving, memory, and attention improve.



www.KarenPostal.com

LIST OF

BRAIN

BOOSTING

FOODS



B vitamins and cognitive efficiency



Dr. Aron Troen

Dr. Irwin Rosenberg



Omega-3's, Vitamin D



Ernst Schaefer

HNRCA research and Vitamin D

Proper Hydration

According to the Mayo Clinic, the average adult loses more than 80 ounces of water every day through sweating, breathing, and eliminating wastes.

Mental symptoms of dehydration can include

- Depression
- Afternoon fatigue
- Sleep issues
- Inability to focus
- Lack of mental clarity, sometimes referred to as “brain fog.”



Drink Water!

Studies show that you only need to be 1% dehydrated to experience a 5% decrease in cognitive function.

A 2% decrease in brain hydration can result in short term memory loss and trouble with math computations.

Prolonged dehydration causes brain cells to shrink in size and mass, a condition common in many elderly who have been dehydrated for years.



A Positive Thought Life

Increased life span

Lower rates of depression

Lower levels of stress

Greater resistance to the common cold

Better psychological and physical well-being

Reduced risk of death from cardiovascular disease

Better coping skills during times of stress

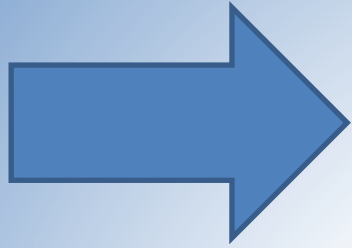


Smile!



Current evidence demonstrates that **spontaneous laughter** is associated with greater reduction in cortisol levels as compared with usual activities, suggesting laughter as a potential adjunctive medical therapy to **improve well-being**.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10204943/>



Get Adequate Sleep



NATIONAL HEALTHY SLEEP AWARENESS PROJECT

GET 7-9 HOURS



AVOID BEFORE BED

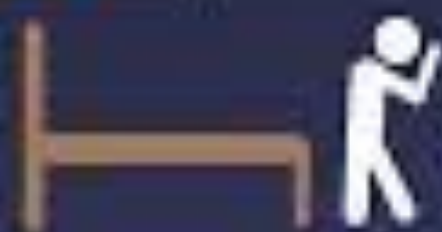


**SLEEP WELL
BE WELL**



MONDAY-SUNDAY

KEEP A CONSISTENT
SLEEP SCHEDULE



SEEK HELP FOR
POOR SLEEP



Targeted Brain Exercise



**COGNITIVE FUNCTION
DEVELOPMENT**

5 Primary Cognitive Functions



- Attention Networks
- Encoded Memory
- Working Memory

Brain Activities for Brain Fitness

- Add fun time pressure
- Create new, exciting rules!
- Focus on the skill you want to improve
- Change it up!
- Keep it positive
- Use rhythm for automaticity
- Don't just do what you're good at!



Attention Networks

- **Alerting**
- **Orienting**
- **Executive**



Noticing salient information – determining what is relevant
– prioritizing the selected information

Color Word

Yellow

green

Black

blue

Black

Black

Yellow

green

^{*}
Yellow

green

Purple

red

^{*}
red

Black

red

blue

^{*}
green

green

Yellow

blue

Black

Purple

Yellow

blue

Yellow

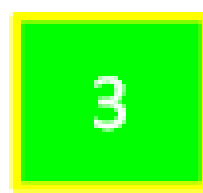
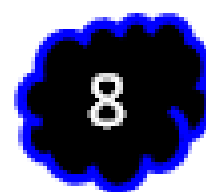
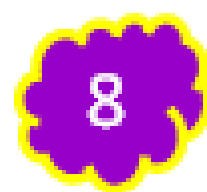
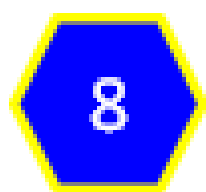
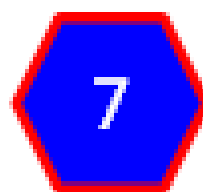
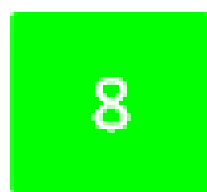
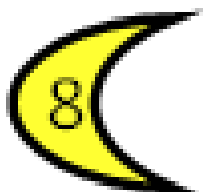
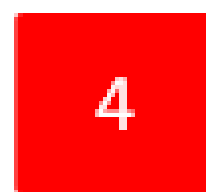
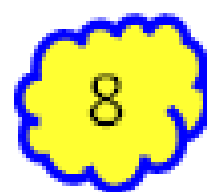
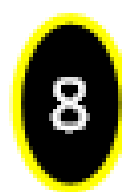
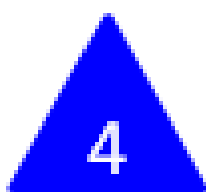
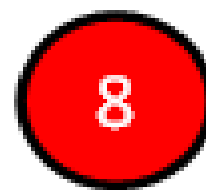
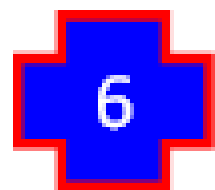
blue

blue

Yellow

^{*}
red

Yellow



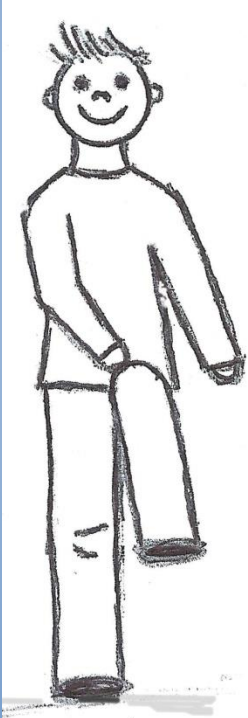


Memory

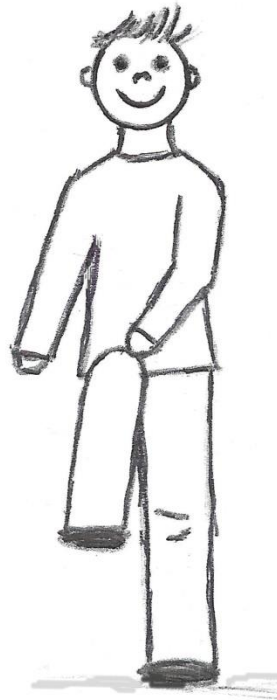


Kinesthetic Recall

THE CROSS CRAWL



RIGHT HAND
LEFT KNEE

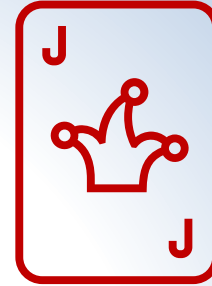


LEFT HAND
RIGHT KNEE

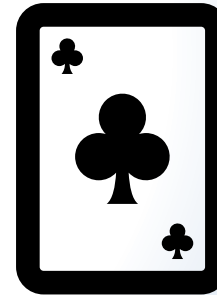


Cross-body Cards

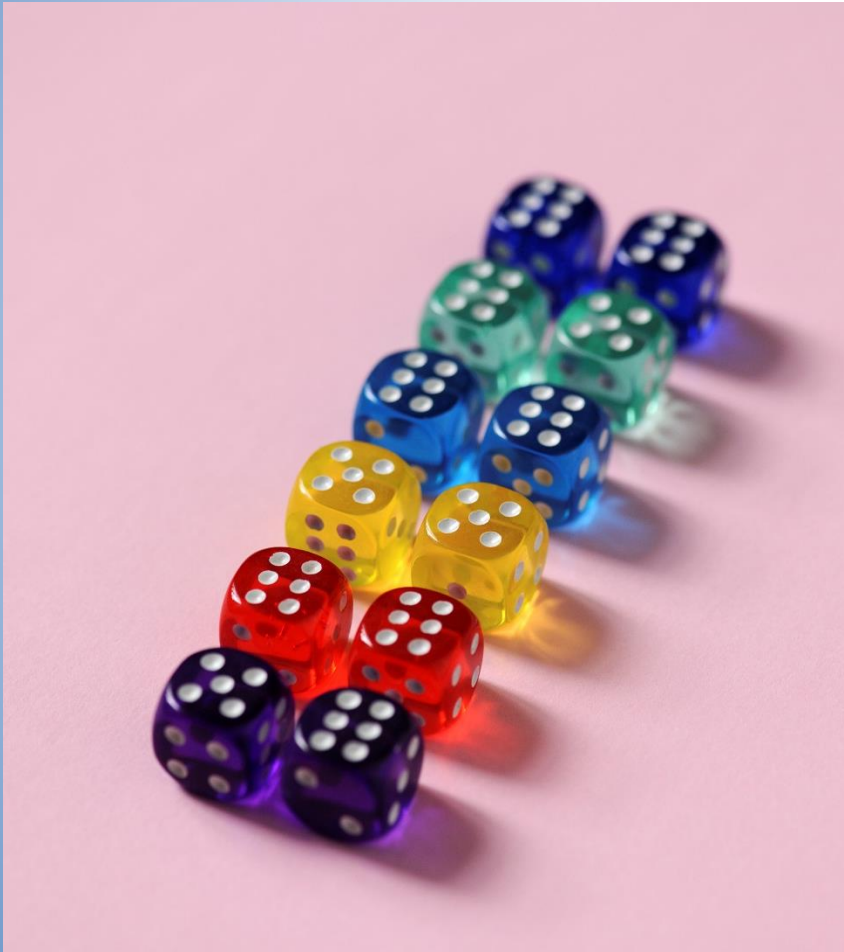
Red Card – Touch
Right Shoulder



Black Card – Touch
Left Shoulder



Sort



- Use Timer
- Calculate the value
- Create patterns

Spot It!

- Speed
- Memory
- Focus



Find the Match



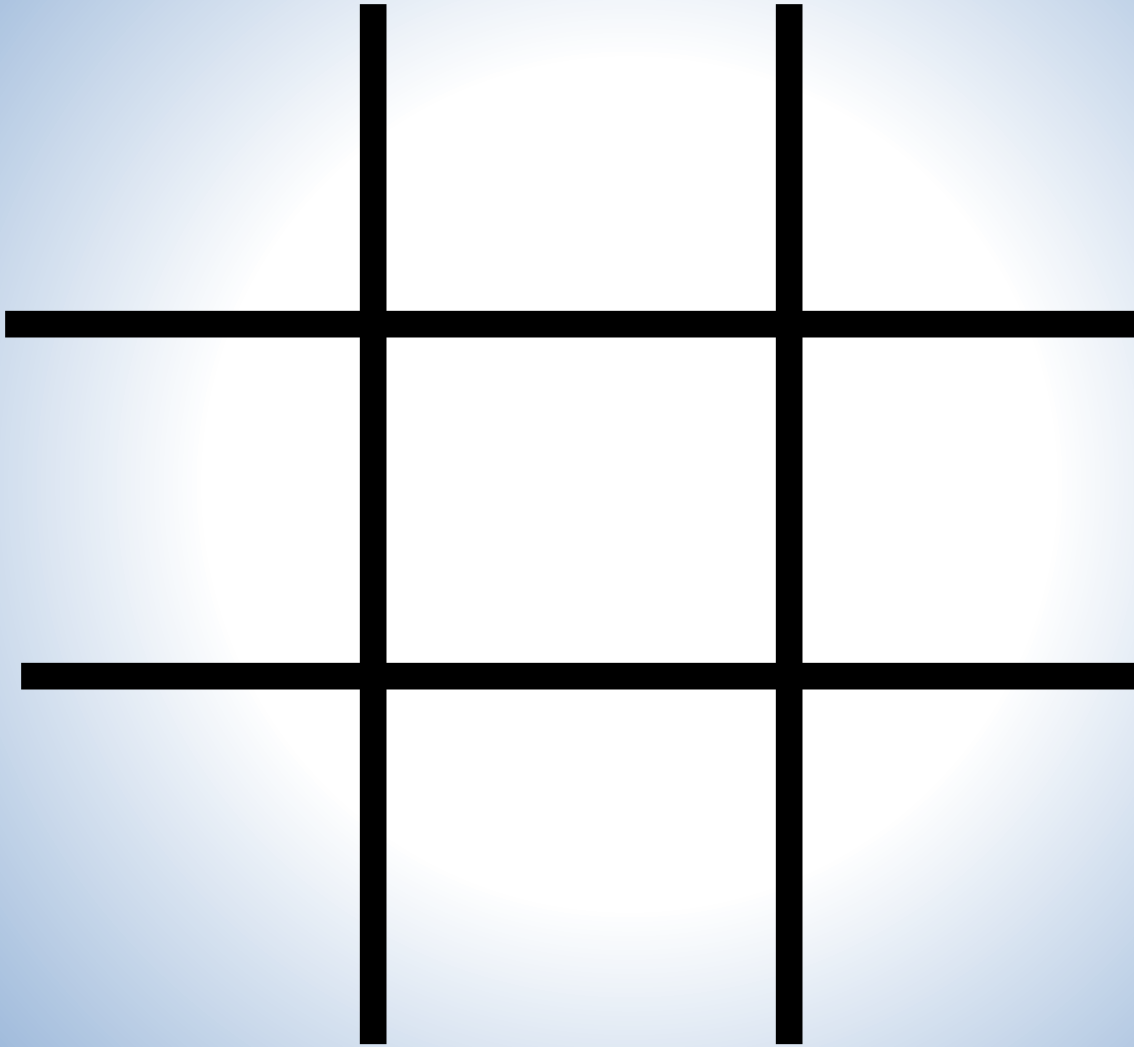
Find 6 Matches



Name all the matches from the last 4 slides.

- Baby bottle
- Baby bottle
- Baby bottle
- Baby bottle
- Ice cube
- Yin yang
- Scissors
- Rainbow
- Stop sign
- RV trailer
- Men working sign
- Cement truck
- American flag

Tic Tac Toe



Number Columns		
2		6
0	1	1
4	6	3
8	3	2
7	0	0
6	2	4
3	4	7
1	8	5
5	5	8
	7	

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Cognitive Function Development

- Target lowest functions
- Fun-inducing
- Intensive
- Frequency
- Sufficient duration



The Process

**Objective
Assessment**
**Creyos
Cognitive
Assessments**

**Orientation
session**
(program
overview for
client and
family)

**Meet for 2
sessions a
week**

**Progress
Assessment
at
12-week
intervals**

Ages 6 and above

One-to-One sessions

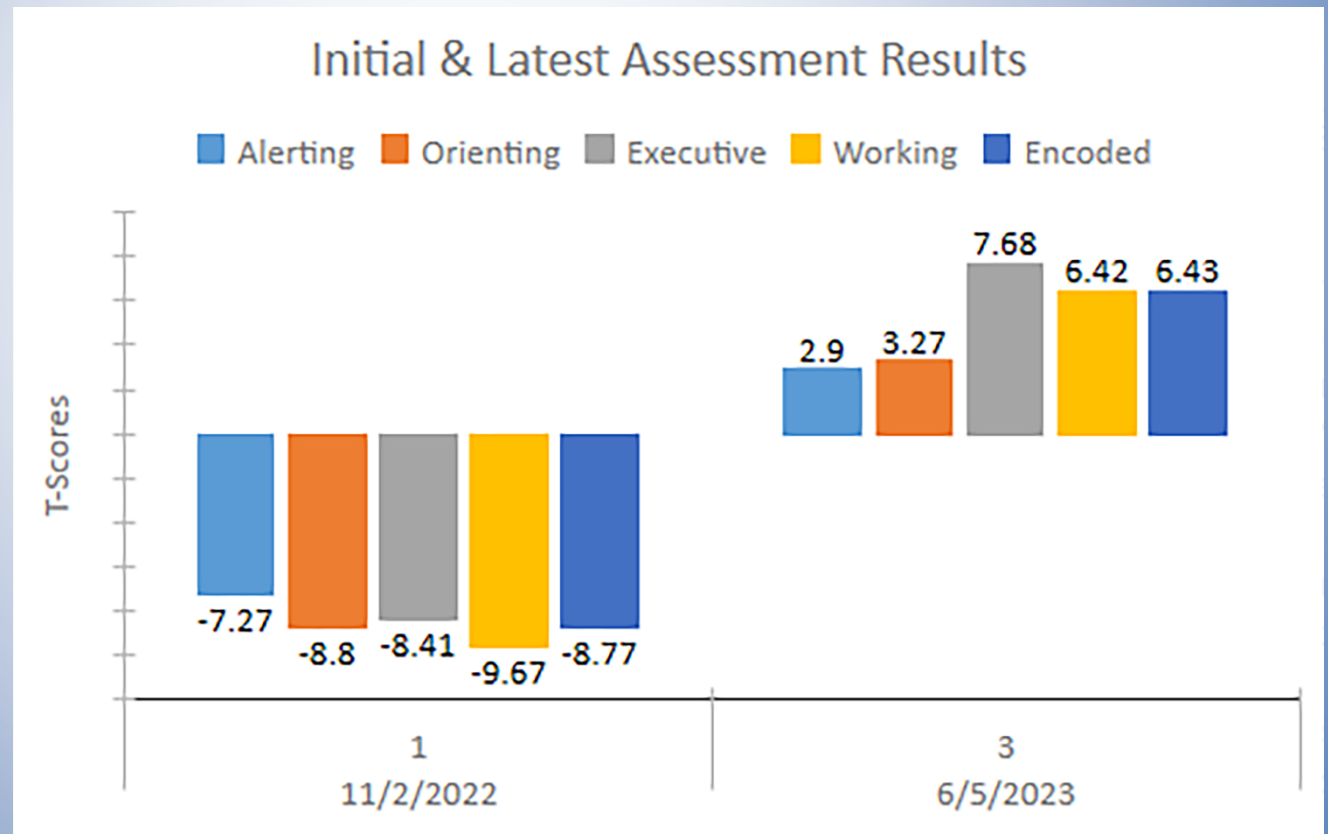
From 3 to 12 months

Energizing and Encouraging

Comparison Reporting

80 yr old
with Social
Anxiety
Disorder

53 sessions



Questions?

Jen Beyst

Co-Creator – Cognitive Function Development
Therapy. Director, CFD

j.beyst@polarahhealth.com

928-848-9766

Kate Delafield

CFD Master Team Lead

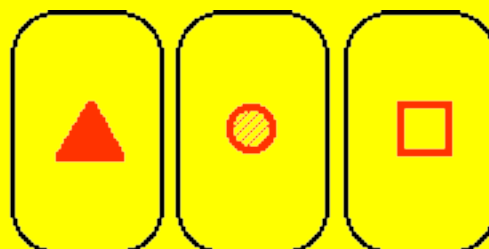
k.Delafield@polarahhealth.com

928-277-1428

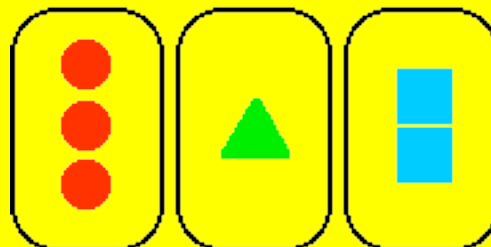


Instructions en Français Instrucciones en Español

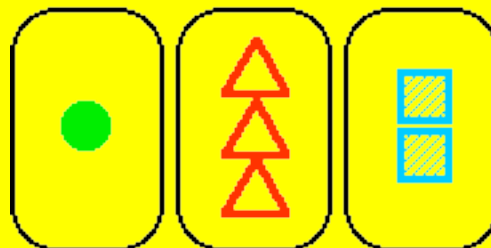
4 Characteristics



Number: Matching (1)
Colour: Matching (red)
Shape: All different
Fill: All different



Number: All different
Colour: All different
Shape: All different
Fill: Matching (solid)



Number: All different
Colour: All different
Shape: All different
Fill: All different

