

Training Muscles, Training the Brain



Sometimes you might hear that “your **brain** is a **muscle**”. Well, it is not. Your brain is far more advanced than a muscle, but also completely useless at lifting heavy objects off the ground.

There are some similarities though, especially when it comes to training. Because, just as you can **exercise** your muscles to get stronger, you can **train** parts of your brain too, and specifically those related to **Working Memory**, to **increase your ability to pay attention** – a skill most people find really useful.

Here are seven aspects where working out your body and training your brain are similar:

True about weight training

- Repeated training leads to muscle growth
- It only works if you push yourself, and lift sufficiently heavy weights
- A well designed training program leads to more effect for the same training
- It is easy to lose interest or motivation, and drop out of gym practice if you don't have a personal trainer
- Some effects are quick: the muscles you exercise can respond and get noticeably stronger after only a few weeks
- Other effects are indirect, but perhaps more valued: a better tennis serve, a new posture, reduced back ache, better sleep, improved self confidence

True about Working Memory training

- Repeated training of Working Memory leads to increased capacity
- It only works if you push yourself, and work on sufficiently hard memory tasks
- A well designed training program is needed for the training to be effective at all
- It is easy to lose interest or motivation, and drop out of working memory practice if you don't have a coach
- Some effects are quick: your ability to keep information in mind can get noticeably better after only a few weeks
- Other effects are indirect, but perhaps more valued: ability to stay focused for longer times, better at mental calculation, faster learning, improved reading comprehension, better impulse control, improved self confidence

Those are similarities, but there are differences too. One of them is that it is much easier to find a training program for your muscles that actually works. Cogmed offers something unique: a training program that helps you increase your Working Memory, and thereby your ability to pay attention for longer periods of time, with more than 100 clinical studies to confirm its effectiveness. Find a summary of them at

[cogmed.com/working-memory/research](https://www.cogmed.com/working-memory/research)