

# Mind Over Matter

@ Fit For Life



Power of the Mind: - Strength of the Body

## A 6-Week Program for Parkinson's & Alzheimer's

Mind over matter was created to promote neuroplasticity in individuals living with conditions like Parkinson's and Alzheimer's. We take a multidimensional approach to enhance physical and cognitive health!

- **Functional Movements & Balance:** Improve strength, flexibility, and mobility for daily activities, while addressing rigidity, shuffling, and balance issues. Incorporate reactive recovery exercises with controlled perturbations to enhance gait and develop the ability to regain balance, reducing fall risk.
- **Cross-Body Movements:** engaging both sides of the brain and body. This promotes coordination, strengthens the connection between the brain's hemispheres, and improves motor control.
- **Cognitive Task Integration:** Combine movement with memory tasks to stimulate neuroplasticity and improve coordination.
- **Neuroplasticity and Complex Movements:** Incorporate rhythm-based activities, boxing, and dance to stimulate multiple brain regions involved in motor control, memory, and coordination.
- **Hormonal Stimulation:** Music-integrated movement boosts dopamine, serotonin, and endorphins—hormones that enhance mood, motivation, and cognitive function. Music makes exercise more fun, eases anxiety, and reduces apprehension, helping participants feel more engaged and emotionally at ease.



**Fit For Life**

Our mission is to provide fun, structured physical activities that support all ages and abilities, promoting lifelong wellness through movement and advancing well-being through innovative programs and research.

Fit For Life is a 501c3

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