



Mind Over Matter

Enhancing Physical and Cognitive Resilience



WHAT IS MIND OVER MATTER?

Mind Over Matter is designed to enhance the physical and cognitive resilience of individuals with neurodegenerative conditions such as Parkinson's and Alzheimer's. This program combines multiple therapeutic modalities, boxing, "dance-like" sequences, music, cross-body movements, cognitive tasks, complex movements, and functional strength and balance training to address the unique challenges faced by this population.



MOVEMENT WITH PURPOSE

Rhythmically timed, functional movements are choreographed to music to build strength, mobility, coordination, and fluidity of movement.

Boxing enhances reaction time, balance, and spatial awareness.

Cross-body movements engage both hemispheres of the brain to strengthen communication and motor coordination.



WHY MUSIC MATTERS

Music activates multiple brain regions and supports the release of dopamine, serotonin, and endorphins—boosting mood, motivation, and neural activity.

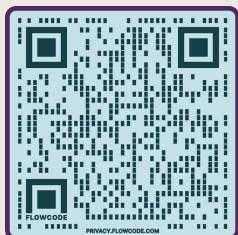


THE SCIENCE BEHIND MOM

M.O.M.'s multi-region brain emphasis intentionally stimulates areas involved in movement, memory, timing, and executive function.

This encourages neuroplasticity, promoting new neural connections that support improved cognitive and physical function over time.

FIND OUT MORE



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www.fitfor-life.org

Fit For Life is a 501c3

Our mission is to make movement fun and inclusive by providing structured programs that support all ages and abilities, while advancing well-being through innovative programs, research, advocacy, and community partnerships.