

Cognitive Fitness at NeuroQuest

What is Cognitive Fitness?

Think of the brain as one smart muscle. To keep it strong we need to keep challenging it with stimulating mental exercise. Otherwise, we lose our mental edge. For some, it's remembering names and faces, important dates and appointments. Or, we may not recall facts and figures as quickly as we used to.

Organization and planning, multitasking, concentration and short term memory.. We need our brains in top working condition. For the 75 million baby boomers and 35 million seniors in the U.S. today, maintaining our mental edge is an important part of overall well being. Total cognitive fitness may include training the following skills: Visual Processing Speed, Categorizing, Working Memory, Logical Sequencing, Word Naming, Planning, Short Term Memory, Audio Processing Speed, Concentration, Divided Attention, Selective Attention, Spatial Skills, Hand-Eye Coordination and Math.

The Power of Plasticity

For decades, even centuries, conventional wisdom about the brain held that as we age, our cognitive skills diminish -- and there's little we can do about it. But current scientific research has revealed exciting findings about the brain's amazing ability to regenerate and create new nerve cells, connections and pathways – at any age. This process is called plasticity and it represents a breakthrough in how we understand brain functioning.

Throughout our lifetime the brain is continually adapting to changes in our environment. New nerve cells are grown and new nerve pathways are developed. Due to the power of brain plasticity, specific mental processes can be strengthened. Research has shown significant improvement on performance scores after cognitive fitness training.

The NeuroQuest Training Program

NeuroQuest combines advanced clinical neurotherapy with a comprehensive cognitive fitness program. Serving as personal trainers, NeuroQuest's therapists work closely with clients to develop a cognitive fitness program targeted toward their specific needs and goals.

NeuroQuest offers several computerized brain training programs, developed by neuroscientists specializing in cognitive fitness. The software has been designed to enhance specific cognitive skills. The programs we use have been tested and approved by major research facilities, including the National Institutes of Health.

For more information call NeuroQuest at 847 674 8060, or e-mail neuroquest@gmail.com