



FIT FOR LIFE
PHYSICAL THERAPY

Brain Fitness

by Corey Vanderwouw

Lifestyle Medicine addresses overall health, quality and length of life.

Lifestyle Medicine is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease.

[https://www.lifestylemedicine.org/ACLM/About/What is Lifestyle Medicine / Lifestyle Medicine.aspx](https://www.lifestylemedicine.org/ACLM/About/What_is_Lifestyle_Medicine_/Lifestyle_Medicine.aspx)

Common, costly and preventable health conditions rooted in poor lifestyle choices include:

- hypertension
- heart disease
- stroke
- type 2 diabetes
- obesity
- osteoporosis
- multiple types of cancer

What is Brain Fitness?

A general state of healthy, optimized brain function, or a more specific brain-based ability to process certain, specific information, enable certain motor actions, or support certain cognitive abilities. -Alvaro Pascual-Leone, Harvard Medical School



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Brain Fitness Addresses Cognitive Capacities:

attention
concentration
speed of processing information
memory
learning
adaptability
problem solving

***Aerobic exercise is the only factor that improves all 6 of these areas of executive brain function

Cardiovascular Exercise

aerobic exercise = uses oxygen
Recommended: 150 minutes/ week
check with your doctor

Heart Rate and RPE

Heart Rate

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>

Heart Rate

Resting Heart Rate- normal 70-100 bpm
Maximal Heart Rate = 220 minus age
Cardiovascular Target Zone = 50-85% of Max HR
For Brain Fitness Level = Level 56 to 61% of Max HR

* Rate of Perceived Exertion (RPE)

Level 5 = $(220 - \text{Age} \times .61 = \text{Level 5 RPE})$



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<https://maximizepotentialtx.com/blogs/sports-performance-training/the-rating-of-perceived-exertion-rpe-scale>

Lumosity

<https://www.lumosity.com/train/turbo/odp/1/start>

Sleep