

A BRAIN CHANGER, IS A GAME CHANGER

canfitpro | 2021

**GLOBAL CONFERENCE
& TRADE SHOW**

AUGUST 13-14, 2021



www.jillhewlett.com

Success is an inside job!

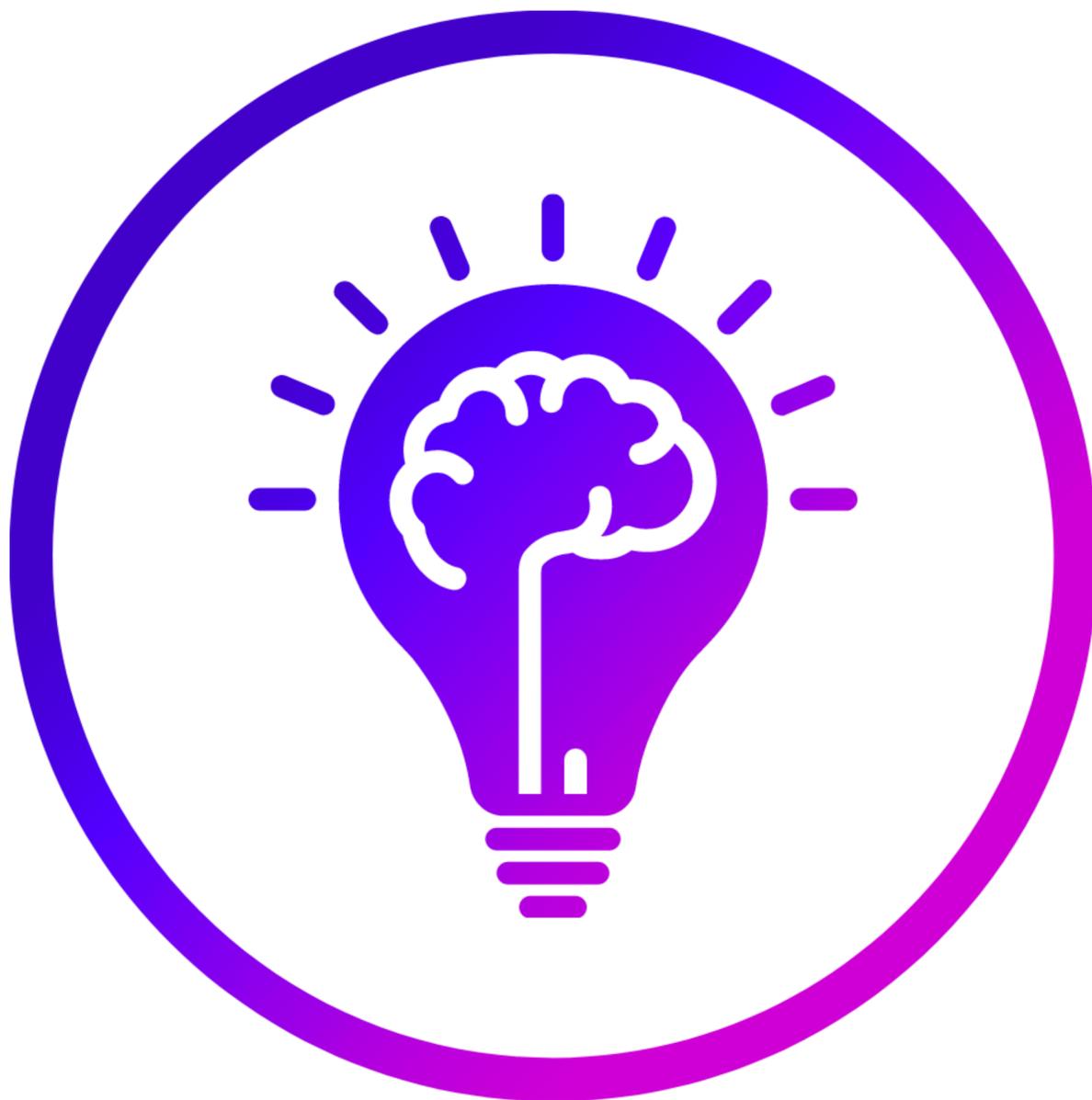
ISSUE: Why do some people stick with their health and fitness programs, and reach their goals while others get frustrated, spin their wheels and eventually give up?

SOLUTION: To get results and reach your goals, it's important to not only optimize your physical abilities, but your mental and emotional potential too.

HOW...?

Use Brain Fitness to:

- Intentionally activate specific neurochemicals
- Improve mindset with new and supportive neural pathways
- Ensure you and your clients are in a 'whole brain state'

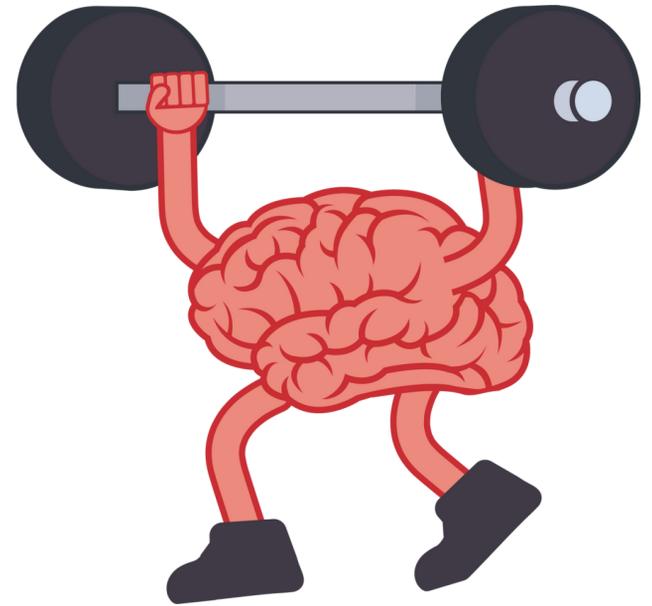


What is Brain Fitness?

Brain Fitness is the awareness, education and body-mind strategies that you can implement at any age and stage of life, to cultivate your Fit Brain and Fit Life!

Enjoy learning user-friendly neuroscience and applying common sense practises that will easily and immediately contribute to your physical, mental, emotional and functional health.

This leads to less stress, a more positive attitude, greater resilience, improved focus, better communication, more efficient organization and it is an investment into your overall well-being too!

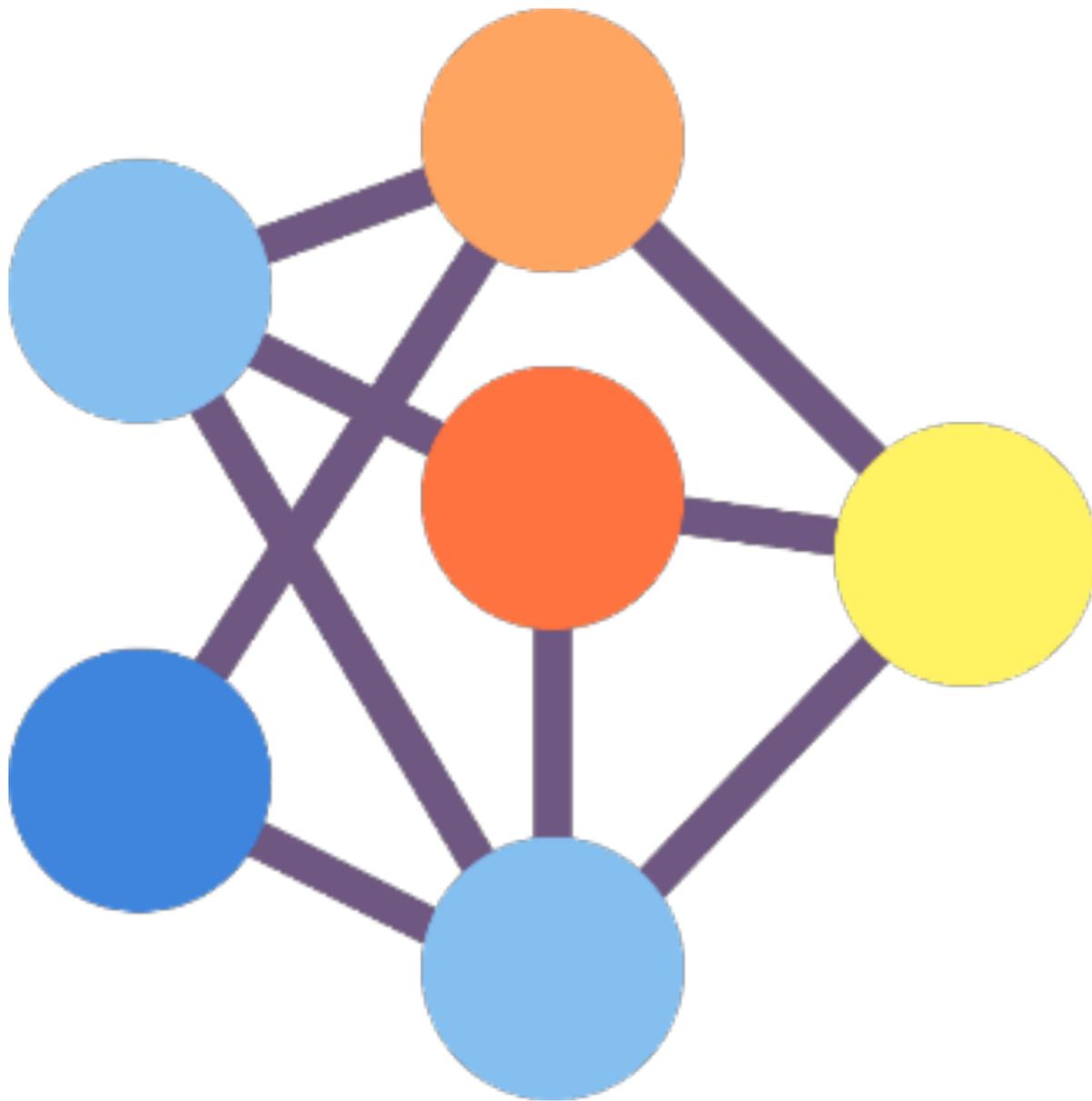


Current courses available for canfitpro CECs (FIS 2 & PTS 2):

- 1) BRAIN FITNESS CARDS in Practise:** A fun, empowering and interactive session about the Brain Fitness Cards deck. Strategically 'Train Your Brain' and get the most out of it by applying cutting-edge brain activation strategies, quickly and easily in all areas of your life. You will receive a digital download of the set, with 45+ activities!
- 2) MINDSET & Mental Health:** Acquire a multitude of quick, effective and easy to implement insights and strategies that you can use intentionally and purposefully to shift a stuck or limited mindset, improve your mental health and elevate your cognitive powers on demand.
- 3) LEARNING & Skill Development:** Optimize your brain with this educational and interactive session, filled with Brain Fitness strategies that you can use to literally REWIRE your brain for easier learning, skill development and greater efficiency.
- 4) RESILIENCY & Optimizing Change:** Reclaim your brain and cognitive powers by clearing stress and strengthening new and current neural pathways with 'must have' self-management strategies! This will lead to positive changes, less stress, greater resilience, and timely personal and professional growth.
- 5) HAPPINESS & Emotional Balance:** Access well-springs of joy and vitality by learning the neuroscience of happiness & acquiring strategies that will reset and improve your emotional balance. Discover more energy, better health, strong relationships, self-satisfaction, and greater success!

Session Fundamentals

1. Neurochemicals
2. Learning Styles
3. Hemi-syncing



NEUROCHEMICALS

You feel good when your brain is releasing DOSE:

- **Dopamine**
- **Oxytocin**
- **Serotonin**
- **Endorphin**

Dopamine: It's the "Eureka! I got it!" feeling. It motivates you to meet your survival needs, even when it takes a lot of effort.

Oxytocin: Produces the feeling of being comfortable and connected with others. It motivates you to trust and find safety with others.

Serotonin: It motivates you to get respect, and climb the social ladder, which elevates your self esteem & expands your mating opportunities.

Endorphin: It reduces stress, relieves pain and improves mood. Often referred to as euphoria.



LEARNING STYLES

This refers to the various ways that people learn best, based on their personality and brain organization profile. It is also, an individual's preferred way to absorb, process, comprehend and retain information.

 **Visual Learners** - prefer using pictures, graphs, images and flash cards to organize and communicate thoughts and to learn.

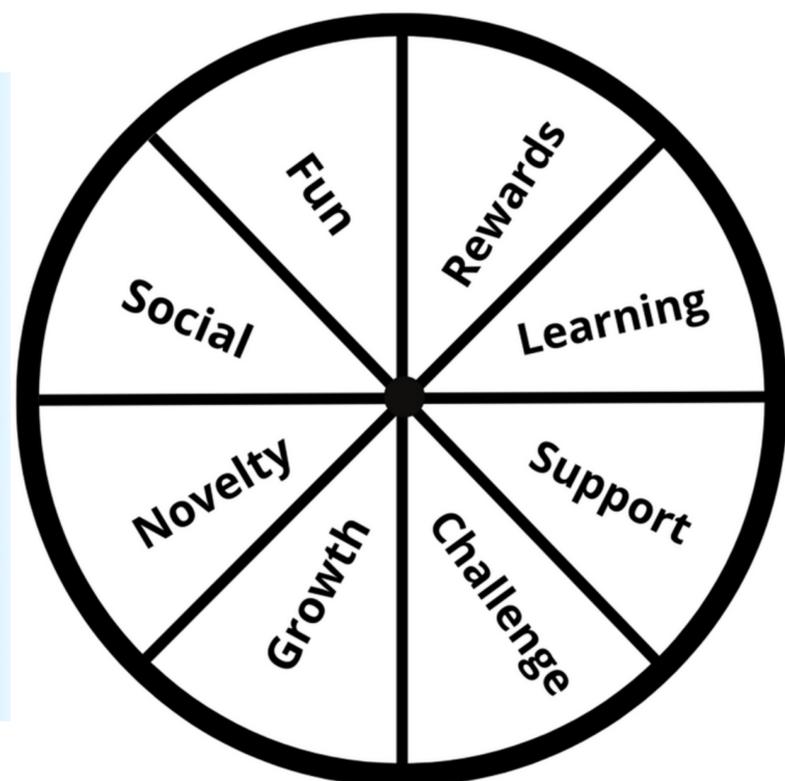
 **Auditory Learners** - prefer to listen, discuss, memorize, debate and use audiobooks rather than print options.

 **Tactile Learners** - learn best by touch, taking part in demonstrations, building models or using writing utensils.

 **Kinesthetic Learners** - prefer to use movement and their whole body in the learning process. They use gestures to communicate ideas and learn best in a hands-on environment and doing projects.

BONUS: Fitness typically involves using most of the senses, so you are already on your way to creating an environment that is inclusive of all learning styles and preferences.

You can intentionally implement strategies to support your client's learning style, and experience, by referring to suggestions on this wheel. which will activate their happy neurochemicals and support them in achieving greater physical, mental and emotional success in their workouts.



HEMI-SYNCING

Your brain contains two main hemispheres:

Logic/Left

- Logic
- Language
- Critical thinking
- Numbers
- Reasoning
- Pattern Recognition

Gestalt/Right

- Art and Music
- Expressing emotions
- Reading emotions
- Appreciating color
- Using imagination
- Being creative



Use integrative movement to activate and connect both of your brain hemispheres, to function from your 'whole brain potential'.

In this state, you and your clients can think more clearly, stay focused, move intentionally towards goals, and adjust plans as needed!

INTEGRATIVE ACTIVITIES

Cross Crawl



Taken from the Brain Gym® menu, this activity is like 'walking on the spot' but done in an exaggerated way. Lift one leg and touch your knee with the opposite hand: then put your foot and hand back in their original positions. Do the same with the other leg and hand. For the two hemispheres of your brain to get the maximum benefit, do about twenty repetitions slowly. Notice how this also requires balance!

Infinity Pattern



The infinity sign is a great way to represent your two brain hemispheres balanced and connected. To do this activity, trace an infinity sign on a chalkboard, or on a big piece of paper with markers or using paint brushes, or simply draw it in the air. As you do this, make it as large as possible and get your whole body into the movement pattern. Repeat several times. Really feel the dynamic flow of the activity.

Hip Sway



This activity is similar to the 'floss dance movement' that was popular recently. Stand upright with your feet shoulder width apart. Move your hips out to one side, while placing both of your arms just above chest level in the opposite direction. As you sway your hips to the opposite side, move your arms across to the other side. Continue to alternate in a swaying rhythmic motion. Change your tempo and explore various heights with your arms. To promote eye-hand coordination and better vision, track the movement of your hands as they move side to side.

Take away points:

1. Stress and balance don't co-exist.
2. Stress immediately shifts us out of balance.
3. Integrative movement activities activate both brain hemispheres and brings us back into balance.
4. This leads to less stress and accesses more resources & whole brain potential.
5. In this state, commitments and goals become clearer and easier to attain.

Your Brain Fitness Trainer



Combining user-friendly neuroscience and inspired common sense strategies, Jill Hewlett draws out the natural leadership, resources, and resilience in individuals, teams and organizations to help them achieve greater levels of productivity, wellness and success.