



Brainfit: 10 Minutes a Day for a Sharper Mind and Memory

By Corinne Gediman

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Brainfit is a training program designed to reclaim your brain. In 10 to 15 minutes a day individuals who are beginning to feel the effects of memory loss will see immediate reversal of the mental aging process. The 9 distinct, fast and fun weekly workouts focus on a different aspect of brain fitness. This approach fits the lifestyle of the target market - age and intellect appropriate, fast, entertaining, and results oriented. Features include:

- Weekly Exercise Planners for your daily routine
- Exercises more like games or brain teasers to achieve maximum results
- Tips, suggestions, and creative alternatives to your daily routine

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Editorial Review

About the Author

Corinne Lille Gediman is an adult learning specialist with 25 years experience with a broad range of corporate, national, and international clients. She is a member of the American Society for Training and Development, New England's Speaker's association, The Alzheimer's Association and the national council on aging. She is married with one child. She splits her time between New England and South Florida.

Dr. Francis Michael Crinella is a Clinical Professor of Pediatrics and Psychiatry and Director, University of California, Irvine, Child Development Center Neuropsychology Laboratory. He is an authority on Brain Plasticity.

Users Review

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