



Life *Kinetik*

The Life Kinetik formula is simple and dynamic:

MOVEMENT + MENTAL STIMULATION + VISUAL ACUITY = A SHARPER BRAIN

What is Life *Kinetik*?

Life *Kinetik* is a fun, age and skill level appropriate, movement based, program designed to improve one's brain.

Life *Kinetik* training forces multiple brain regions to actively work together simultaneously. This collaboration creates new connections in our brains, which allows us to master various movement challenges. The training works by combining movement patterns, visual tasks, and cognitive elements.

What improvements can be expected when training with Life *Kinetik* on a regular basis?

- ✓ Better memory – dates, names, places
- ✓ Better balance – reducing the risk of trip and fall accidents
- ✓ Better spatial awareness and orientation
- ✓ Better and faster learning
- ✓ More fun!
- ✓ Fewer errors
- ✓ Faster thinking
- ✓ Stress reduction
- ✓ Better relaxation
- ✓ Meeting new people – having fun through group sessions
- ✓ Enhancement of motor skills



A Life Kinetik Partner



Life *Kinetik*

Testimonials

"At first I didn't know what to expect when I started with Life Kinetik. Now I don't want to miss it anymore. It is such a fun and creative program. Life Kinetik is a program for everyone and the visual training was my absolute favorite and had a huge impact on my daily life."

Matt Helms, Life Kinetik participant

"Through Life Kinetik I recognized how fun it can be to do unusual movements with other people together. After the first 12-week program I recognized that I am able to stay more focused during work and to follow conversations without getting easily distracted."

Anita Schaefer, Life Kinetik participant

"Life Kinetik was finally a program where it is not about to be the best. My child loves to go to the Life Kinetik classes, because its not about doing things perfectly, its about changing things up and having fun together. His teacher saw noticeable reading performance increases after his first Life Kinetik training cycle."

Judy White, mother of a Life Kinetik participant

SHIFT YOUR BRAIN INTO A HIGHER GEAR and sign up
for a *Life Kinetik* class today!

Contact:

Frank Beecher: fbeecher1@lifekinetikusa.com or 910-398-0489

For more information please visit: www.lifekinetikusa.com



A Life Kinetik Partner