**Resources**

**Neuroplasticity and Brain Function with Exercise**

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The Brain that Changes Itself, Norman Doidge, MD, [http://www.normandoidge.com/?page_id=1259%E2%80%8E](http://www.normandoidge.com/?page_id=1259)


Neuroplasticity a Focus on Movement, Monique L Giroxu, MD, 2012 [https://www.centerformovement.org/2012/06/06/exercise-is-medicine-neuroplasticity/](https://www.centerformovement.org/2012/06/06/exercise-is-medicine-neuroplasticity/)

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TOOL #1: JUICY JOINTS


TOOL #2: DIVE IN!


TOOL #3: SPELLING “B”!


Resources

**TOOL #4: FRONT ROW ORCHESTRA**


**TOOL #5: ZOO-OLGY**


‘Tame Every Bulge With These Animal-Inspired Moves”, [http://www.health.com/health/gallery/0,,20527065,00.html](http://www.health.com/health/gallery/0,,20527065,00.html)

**TOOL #6: TRY CHI**


Resources

TOOL #7: YO-BABY!

“Yoga Benefits Your Brain Function and Mental Health”, by Dr. Mercola, 2015


TOOL #8: BODY MATH


TOOL #9: GENTLE GEOMETRY

“Why is geometry so important?” http://www.mathworksheetscenter.com/mathtips/geometry.html


“Measurement processes and spatial principal components analysis.”, Silberstein RB, Cadusch PJ. https://www.ncbi.nlm.nih.gov/pubmed/?term=how+does+doing+geometry+affect+the+brain
**Resources**

**TOOL #10: ROCKIN' ROCKETTES**


**TOOL #11: SPAGETTI SPINE**

“Medicine in spine exercise (MiSpEx) for nonspecific low back pain patients: study protocol for a multicentre, single-blind randomized controlled trial”. Niederer D, Vogt L, Wippert PM, Puschmann AK, Pfeifer AC, Schiltenwolf M, Banzer W, Mayer F.


**TOOL #12: EXPRESS YOURSELF!**

“Move”. The Neuro Science Academy, [file:///C:/Users/Computer/Downloads/Move%20is%20Best%20Exercise%20for%20the%20Brain.pdf](file:///C:/Users/Computer/Downloads/Move%20is%20Best%20Exercise%20for%20the%20Brain.pdf)

“Express Yourself Through Modern Dance” by Sara Schapmann, 2008 [http://www.lifescript.com/well-being/articles/e/express_yourself_through_modern_dance.aspx](http://www.lifescript.com/well-being/articles/e/express_yourself_through_modern_dance.aspx)
**Resources**

**TOOL #13: “POWER TOOLS”**


**TOOL #14: SAVING FACE**


“Exercises to Tone Your Face and Neck”, by Kathleen Barnes, [http://www.naturalawakeningsmag.com/Fit-Body-Archive/Facial-Fitness/](http://www.naturalawakeningsmag.com/Fit-Body-Archive/Facial-Fitness/)

**TOOL #15: BALANCING ACT**


Resources

TOOL #16: B-R-E-A-T-H-E OUT LOUD!
“Breathing And Your Brain: Five Reasons To Grab The Controls” by David Disalvo 2013
http://www.forbes.com/sites/daviddisalvo/2013/05/14/breathing-and-your-brain-five-reasons-to-grab-the-controls/#1848cb0d52aa

“Relaxation techniques: Breath control helps quell errant stress response” Harvard Publications 2015


TOOL #17: GRAB BAG

“Exercise can prevent aging brain diseases” by Brittany DeAngelis, https://www.ucalgary.ca/utoday/issue/2016-05-06/exercise-can-prevent-aging-brain-diseases-research-shows

“Exercise is Medicine – Neuroplasticity”, http://www.centerformovement.org/2012/06/06/exercise-is-medicine-neuroplasticity/


TOOL #18: SHAKE IT UP, BABY!

“Parkinson's Disease” – By Dr. Tim Kenny, http://patient.info/health/parkinsons-disease-leaflet

“Exercise and Physical Therapy” The Regents of the University of California, 2012 http://pdcenter.neurology.ucsf.edu/patients-guide/exercise-and-physical-therapy#Will_exercise_make_my_muscles_less_stiff

Resources

**TOOL #19: TEAM FIT**


**TOOL #20: GET DOWN, GET UP!**


**TOOL #21: DANCE PARTY!**

