



“Mental Fitness: Creating a Health Club for Your Mind”

Presented by Kari Berit, speaker, author, consultant

DESCRIPTION You don't have to lose it...Exercise your brain and be smart about your brain health. It is possible to work your mind out like you do your body. Learn the *Aerobics of the Mind* workout and discover how simple exercises can help you grow a stronger mind, think more clearly and forget less. Presenter Kari Berit will show you how to exercise your gray matter and have fun doing it!

Scientists are beginning to understand that even in old age the brain has a remarkable capacity to change and grow and that individuals have some control over how healthy and alert their brains remains as the years go by. The evidence is accumulating that the brain works like a muscle; the harder you use it, the more it grows. Here's a positive step we can take toward enjoying a healthier, more engaged life—at any age.

FORMAT OPTIONS Keynote, half-day or full-day workshops. Can also be used in conjunction with training activity staff, volunteers, family members or students (*SEE page 2 for detailed full-day workshop*)

TARGET AUDIENCES All ages interested in improving their brain function

BENEFITS & OBJECTIVES By practicing the mental fitness exercises you will be better equipped to richly participate in life. Anxiety and stress levels decrease; mental capacity increases. More specifically, you will:

- Improve fluid intelligence—the ability to quickly process new information
- Cultivate a more creative brain
- Rely on your whole brain versus left or right brain thinking
- Stimulate your memory so it works for you, not against you
- Communicate ideas succinctly and professionally
- Become more flexible thinkers, open to new ideas

ABOUT KARI BERIT Kari Berit brings her engaging, high-energy presentations to caregivers, older adults, and anyone who will be older tomorrow! Speaking across the country, she wins applause for her sincere, insightful, and fun-loving approach to a serious subject affecting us all. Her experience includes: a M.S. in Continuing Education, a B.A. in Psychology and International Health Care, 13 years as Resident Manager, Dementia Care Director, and Assisted Living Manager in Senior Housing communities, 18 years of teaching and leading programs for older adults. She is the author two books, *The Unexpected Caregiver* and *Attainment's Mental Fitness Instructor's Guide*, and writes a syndicated column, *Acting Your Smarts*. She has been a caregiver to her mother and grandfather.



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“Mental Fitness Train-the-Trainer: Five Sessions of Ideas”

Presented by Kari Berit, speaker, author, consultant

DESCRIPTION

From Kari Berit’s Mental Fitness Instructor’s Guidebook, learn how to develop and implment mental fitness programs that will engage, enlighten and improve mental fitness for your older adults and yourself!



1. Brainstorming & Discussing

This session teaches the problem-solving skills of brainstorming and discussing—tools that allow people of any age to become more engaged in life. By learning brainstorming techniques and good discussion skills, students can better meet challenges and avoid closing themselves into a limited world.

2. Going for a Walk with a Line

By interacting with the visual arts and by creating art, students in this session exercise the right side of the brain. Not only does this encourage creativity, it fosters active minds. Looking at art in a new way is good for anybody’s brain. We’ll also draw and color—activities that are such fun they shouldn’t be left only to children.

3. Working Out Mentally with Poetry

This session uses poetry to both stimulate and relax the mind. Writing poetry, talking about it and reading it aloud light up the brain in many ways. Especially when used in innovative arrangements, words are excellent brain food. Reading poetry can give you a fresh perspective when you feel the weight of the world on your shoulders.

4. Sharpening All Five Senses

This session wakes up the brain by increasing the power of the senses. Sometimes our ability to taste, smell, hear, see and feel becomes dulled by years of living. But by making a conscious effort to be more aware, students can become reacquainted with sensations they loved or get in touch with brand new ones.

5. Puzzling Out Puzzles & Numbers

This session uses puzzles and numbers to stimulate the mind. Some people need extra encouragement to work with numbers, but naturally right-brained people benefit greatly from working with puzzles that strengthen the left brain. Mental calculations can excite the mind—while, paradoxically, slowing breathing and defusing threatening situations.



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