



Move With Balance: Healthy Aging Activities for Brain and Body

Karen Anne Peterson MA

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Move With Balance: Healthy Aging Activities for Brain and Body Karen Anne Peterson MA **AWARDS**

Move With Balance®: Healthy Aging Activities for Brain and Body has received the 2013 Living Now Book Award bronze medal in the Mature Living/Aging category.

Our book is a Finalist for the 2013 Book of the Year Award in the Health category, an award honoring Independent Publishers. Awards given June 2014.

Move With Balance® is the winner of the 2012 MetLife MindAlert Award from the American Society on Aging in the category for programs designed to enhance mental fitness for the general population of older adults.

Our intention is to improve the lives of elders, helping them stay mentally alert, and reducing their risk of falls. You can participate as a group leader, a caregiver, or on your own. Here's how to bring confidence and joy into the aging years. This brightly illustrated book, which links to 60 on-line demonstration videos, is loaded with dozens of movements (not exercises) that anyone can do, even the frailest elder. The payoff: increased coordination, sharper cognitive skills, better vision, and enhanced self-confidence. Preventing falls means preventing disaster! Staying mentally alert and sharp is paramount. Please go to our website MoveWithBalance.org to learn about our award-winning program.

One independent study, published in the *Hawaii Journal of Medicine and Public Health* (Nov 2013) shows a 66% efficacy for preventing falls. Our unique activities combine coordinated movement with cognitive skills. For example, we move, but while we move we read, or recognize shapes, or recite a poem. The underlying principle: challenge the brain and body simultaneously with some sensory-motor activity, repeat until the challenge becomes easier or even automatic, then up the stakes by repeating the activity at a higher level.

Once you buy the book, you have access to 60+ online videos. Along with full color photos of the exercises, the book explains the movements in depth, the why and the how. The videos give you a quick visual, and in combination with the book, should make it easy for you to learn the movements.


The program is user friendly, light-hearted and playful. *Move With Balance®*, based on the most current research in brain plasticity, vision training, and kinesiology, uses movement to help prevent falls and enhance cognitive functions. Our activities improve balance, sensory integration, spatial awareness, integration of the two hemispheres of the brain, brain timing and sequencing, reaction time, binocular teaming, and proprioception. Additionally, our mentoring system, of having active, mobile seniors "mentor" their more frail peers, reduces the isolation of elders by increasing socialization.

Move with Balance® founder and director Karen Peterson has devoted the past 28 years to research into the brain-body connection, 20 of those years working with senior citizens, and the many ways that movement can correct neurological imbalance.

"This program is based on cutting-edge science. It uses modified techniques that Olympic athletes employ with good success. I wholeheartedly endorse this work to make seniors safer and to help them lead more

active and productive lives." - from the Introduction by Dr. Ed Manniko, OD

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