

Brain Dynamics - Think Faster through Movement

Exercise promotes growth factors for brain cells and contributes to the formation of new neurons. A physically trained person stores what they have learned better and their brain works more efficiently: One can think faster and concentrate better. In addition, moderate endurance training helps to cope with stress and other emotional burdens and thus has a positive effect on the psyche. People often experience that a walk or a leisurely endurance run gets stuck thoughts flowing again. Conversely, the mental image of movement sequences supports the practical execution.

In this seminar, you will learn what happens in your mind when you move and how to use movement in your private and professional life to increase your brain's performance. The Brain Run, which is part of this seminar, will certainly lead to one or two Eureka moments.

Objectives

- Understand the structure and functioning of the brain
- Learn about positive interaction between thinking and moving
- Awareness for the optimal conditions for efficient learning and memory performance through movement
- Stress reduction through (endurance) sport
- Internalise the importance of tension and relaxation
- Reduction of dementia risk through thinking and moving
- Brain Run (or optionally Brain Walk): approx. two and a half hour combination of max. 10-minute running units in the low pulse range (or walking units) and exercises for mental activation.
- Transfer to everyday working life

Methods

- Theoretical input
- practical exercises
- Reflection and discussion
- exchange of experiences
- individual and small group work
- Movement exercises



Notice

This workshop will be held in English.