

# NeuroActive Brain Bike™

THE WORLD'S FIRST  
BODY + BRAIN WORKOUT



The NeuroActive's Brain Bike engineered by Dr. Stephane Bergeron with the Brain Center America along with a team of international brain specialists have designed a new and improved way for older adults to not only exercise physically, but also mentally. Recent neuroscience confirms like your muscles, your brain can grow stronger and sharper, no matter what your age. NeuroActive's powerful brain-training, anti-aging program is a natural, no-side effect way of delaying aging.

The Brain Bike is the first workout program that exercises the body and the brain simultaneously. The unique combination of pedaling the bike and playing brain building games guarantees improved body and brain functions. The brain games are fun, lasting up to four minutes each, and are designed to improve memory, concentration, and cognitive function by 20%. A simple, user friendly 3D software program that uses advanced artificial intelligence to continuously analyze your performance and adapts and customizes the training to your particular skills. The Brain Bike has twenty-two fitness exercises that sharpen sixteen cognitive functions. The electronic display shows the sixteen cardio programs, displays time, distance, RPM, speed, level, calories, pulse, watts, and program.

NeuroActive's Brain Bike is designed to optimize the brain by targeting many key functions some of which include processing speed, working memory, visual scanning, hand-eye coordination, episodic memory, and planning. The recommended workout on the Brain Bike is three 15-20 minute sessions per week, gaining measurable results within weeks that will last for years. Brain Bike training can also provide a higher performing brain for all ages, a 20% gain in memory performance, 20% increase in brain processing speed, improved concentration, and faster reflexes. Many adults in Central Georgia have already begun exercising on the Brain Bikes through Golden Opportunities at the Wellness Center in Macon, Georgia.

If interested in the Brain Bike, stop by the Golden Opportunities desk, for a demonstration or to purchase a pass to use the Brain Bike. Sessions for the Brain Bike are available in thirty minute increments Mondays, Wednesdays, and Fridays by appointment. The Brain Bikes were purchased with funding from the Medical Center of Central Georgia Auxiliary.

Please call for a free demonstration (478) 757-7817

For more information visit: [www.thebrainbike.com](http://www.thebrainbike.com)

Golden Opportunities

3797 Northside Drive

Macon, GA 31210

(478) 757-7817

[www.thewellnesscentermacon.com](http://www.thewellnesscentermacon.com)