

I PACE myself with:



HOOK-UPS FOR POSITIVE

Activates sensory and motor cortexes in both hemispheres of cerebrum simultaneously. Tongue connects limbic and frontal lobes.



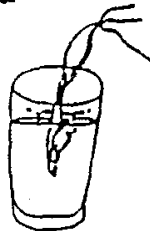
CROSS CRAWL FOR ACTIVE

Activates both hemispheres of neocortex simultaneously (motor and sensory cortexes of parietal and frontal lobes). Done slowly, activates vestibular system for balance.



BRAIN BUTTONS FOR CLEAR

Buttons are located above carotid arteries, which supply fresh oxygenated blood to the brain, and K-27 points for lung/brain function. Hand on navel brings attention to gravitational center of body (vestibular/RAS/neocortex activation.)



WATER FOR ENERGETIC

Makes up 76% of body weight. Ionizes salt, increasing electrical potential across membranes, essential for protein form and function in nerve nets. Increases oxygen uptake by hemoglobin.

BEGIN AT THE BOTTOM OF THE STAIRS

- PACE: A. Increases oxygen amount and flow to the brain. (Though 1/50th of body weight, the brain uses 1/5th of its oxygen.)
- B. Increases and balances electrical energy to the neocortex, moving it away from the survival centers in the brain stem. This allows choice by providing access to reason rather than reaction.
- C. Increases polarity across cell membranes, for more efficient thought processing and focused attention.

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