

BRAIN GYM[®] “P A C E” Steps

Ready to Go!

Hookups : Positive



Part 1 Cross one hand over the other at the wrist and clasp your hands, turn them up and under against your chest. Cross one ankle over the other. Relax, and breath deeply, in through the nose and out through the mouth. Rest tongue behind top teeth while breathing in. Sit this way for 1 minute or more.

Part 2 Uncross everything, put feet flat on the floor, touch all ten fingertips together (as if holding a ball) while continuing to relax and breath deeply for another minute. *Hookups provide a calming effect as energy is redirected towards the thinking part of our brain, and balanced between the two hemispheres*

The Cross Crawl : Active



Whilst walking on the spot, touch one hand to the opposite knee, and then the other hand to its opposite knee. When this is well established try to the sides and back.

Cross crawls help us to use both brain hemispheres at the same time for optimum performance

Brain Buttons : Clear



With the thumb and fingers of one hand, rub two points just below the collarbone on either side of the breastbone, whilst holding your other hand flat across your navel. Rub for 20 seconds and then swap hands and repeat.

Brain Buttons excites acupressure points which bring energy to the brain, helping us to think clearly and improving visual clarity.

Water : Energy



Drink plenty of clear, room temperature water. Keep a bottle of water by you, and take sips throughout the day to keep your brain and body topped up.

Water conducts electricity and allows the brains' electrical messages to be passed efficiently to other parts of the brain and body, helping us with everything we do.

Ready to get started?

Begin on the bottom step and PACE yourself for the day.