

# FIRE UP YOUR BRAIN

## BRAIN SPEED BALL



## WHY IT WORKS?

### **It's all about the EYES.**

The eyes play a vital role in providing input to the brain for deciding where, when and how to move our bodies. Each of our eyes has six muscles that control its movements, requiring strength and mobility to properly do their job.

### **When the muscles of the eyes are weak or don't work together?**

It can cause loss of balance and coordination, sensory overwhelm, loss of focus, decreased movement abilities and slower reaction time. Additionally, muscle weakness and stiffness can decrease the ability for the eye lens to focus on different distances.

### **The Solution?**

The BrainSpeed Ball is a fun and engaging way to exercise the eyes. When the muscles of the eyes are strengthened and working together, it has a positive impact on improving-- focus, balance, reaction time, hand-eye coordination, depth perception, spinal alignment and overall movement.

# GETTING STARTED



1

## Inflate the BrainSpeed Ball

- Use a standard manual air pump - a needle is included with your BrainSpeed Ball
- Fill to 8 inches for a ball that bounces
- Use a partially deflated ball for an easier grip (optional)

2

## Play a Game of Catch

- You can play in a variety of ways: with a partner, by yourself against the wall, or with a group in a circle
- Start close to your target and continue to move back to increase the challenge
- Vary the speed at which you toss the ball to find the right level of challenge
- Track the ball as it moves through the air, then spot a letter or number on the ball and say it out loud when you catch it (this helps to strengthen your eye muscles)
- Play for 3-5 minutes at a time / 1-2 times daily for optimal results

3

## Join the BrainSpeed Club

It's Easy...

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- Learn new ways to play to level up and level down your game
- Find and share creative ideas with others in the club
- Ask questions and get answers

**JOIN THE BRAINSPEED CLUB TODAY!**

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