

# BRAINSPEED BALL

A Simple Game Of Catch. Profound Improvements.™



## Better Brain Performance In Minutes.

Your body is made up of sensory systems (eyes, ears, nose, skin, etc.) that send information to the brain to process and decide how to respond.

**The brain PRIORITIZES the information it receives from the eyes,** making them essential to how well you think, focus, move your body, problem solve, and recover from injury.

### **What if 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, eye muscle weakness and stiffness can decrease the ability for the eye lens to focus on different distances. This directly affects depth perception and hand-eye coordination.

**The BrainSpeed Ball** is a fun and engaging way to exercise the eyes and improve brain input. 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.

# Play BrainSpeed Ball!



1

## Track A Letter Or Number

Play with a partner, in a group, or by yourself against a wall!

2

## Catch The BrainSpeed Ball

Keep your eyes on the ball as it lands in your hands.

3

## Say What You See

What you see when you catch the ball may differ from when it was airborne. (That's OK!)

### Tips

- Start close to your target and move back to increase the challenge
- Play for 5 minutes
- Daily play is encouraged
- Keep it at a level that is challenging but feels productive

**Get Creative. Make It Fun!**