

## **The Science of Neuroplasticity and Ageless Grace®**

*21 Simple Tools for Lifelong Comfort and Ease™ - Anti-Aging Exercises That Almost Anyone – of Any Age – Can Do!™*

This introductory educational program introduces all ages and all abilities to the 21 Simple Tools for Lifelong Comfort and Ease™ of Ageless Grace®. Each tool addresses a primary factor that causes aging in the body if you “live longer and practice less” — each tool provides many secondary fitness benefits — all 21 tools stimulate and utilize the five areas of the brain – analytical, strategic, kinesthetic learning, memory/recall and creativity and imagination!

Ageless Grace® works by re-opening the neural pathways that were created from the time you were born until approximately the age of 21 years old. Functional and cognitive skills were developed through typical childhood games, sports and activities that are now no longer “practiced” as adults. The 21 Tools of Ageless Grace® re-open those pathways and, equally important, create new ones by practicing functional movements we don’t already know how to do.

Practicing, remembering and learning these simple skills allow positive results to come surprisingly quickly – much like remembering how to ride a bicycle after many years. These aspects of movement practice combine as the process of *neuroplasticity*, (the ability of the [brain](#) and [nervous system](#) to change structurally and functionally), and are vital to active aging and youthful function.

The movement Tools of Ageless Grace® are organic rather than choreographed, and focus on using the core to stimulate cognitive function and physical function simultaneously. The Tools are practiced using a chair for stability, range of motion and engagement of the core. This allows all ages and abilities of seniors to practice it, as well as baby boomers, young adults, those with weight, joint, diabetes and other challenges, those in wheelchairs or with other physical limitations — and kids absolutely love it! It also provides a great multigenerational program for grandparents, adult children and grandchildren to share.

Ageless Grace® is a profound body of work that provides amazing results in all ages — yet it simple to learn, playful, easy to do - and FUN! It may change the model of aging in America – and the world! - and change the quality of function in your own future.

Presented by the Founder and Creator of Ageless Grace®, Denise Medved, who spent 7 years with a Duke–affiliated hospital and studied with a university graduate department in nursing on gerontology to develop this creative approach to aging. She was an International Nia Technique Trainer for 15 years, has been teaching Nia for 27 years, is a Certified Personal Trainer, tai chi and feng shui instructor, and was in the corporate marketing and PR world for 29 years with Fortune 1000 companies.



**NEUROPLASTICITY** – the ability of the brain and central nervous system to change its form and function, specifically when stimulated with physical movement, the way we created our neural pathways originally from birth to late teens.

**NEUROSCIENTISTS** believe the PURPOSE of the brain is to control movement of the body. Movement in turn, can change the brain!

**NEURAL PATHWAYS** are “information highways” along which messages travel between the brain and the body parts needed for specific activities.

**SMACK** - Acronym for the 5 functions of the brain, the sound of a neuron firing when amplified many times:

**STRATEGIC PLANNING:** S is for strategic planning - the ability of your brain to help your body figure out how to get from point A to point G, as you attempt some activity you want to do.

**MEMORY AND RECALL:** M stands for memory and recall - your ability to actually remember a physical experience you've had, whether it was yesterday or years ago, or your ability to recall what you know about particular movement or activity from watching TV, hearing or reading about it, or imitating others.

**ANALYTICAL THINKING:** A is for analytical thinking - the ability to organize your body movements based on the parts or components of an activity. For example, in baseball you might pitch, bat, catch, field, run, slide into home, or even cheer!

**CREATIVITY AND IMAGINATION:** C stands for creativity and imagination. Imagination is your ability to see an image of yourself doing a physical activity (like riding a bicycle), even before you've attempted it. Creativity is the way you approach something physical, like putting a box beside the bicycle so you can reach up and over the seat.

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**KINESTHETIC LEARNING:** K is for kinesthetic learning - attempting to develop a physical skill through the body first, and letting the brain observe what you're doing in order to make you more proficient and efficient each time you perform that function.

**WHY ARE WE SEATED IN A CHAIR WHEN WE PRACTICE AGELESS GRACE?**

1. To stimulate the brain as it figures out how to do the tools seated rather than standing
2. To engage the core muscles which support the spine and limbs
3. To activate the vital organs of the body
4. To stimulate the systems of the body which radiate from and return to the core (i.e. respiratory system, digestive, endocrine, lymphatic, circulatory, etc.)
5. To move the chakras or energy centers
6. FINALLY, to level the playing field so EVERYONE can do this! (Yet not THE reason we are in a chair for Ageless Grace).

**THE THREE R'S OF AGELESS GRACE: Respond, React, Recover**

**PRACTICE OF AGELESS GRACE:** 10 minutes a day, 1 tool to a song, 3 songs (about 3.5 minutes per song on average) barefoot, in a chair, next to a "music maker", able to see a clock - stop after 10 minutes. Daily practice maintains and can INCREASE brain function. 2-3 times a week is better than none – daily is ideal!

It's never too late to begin. It's never too early to start™.

Denise Medved's TEDx talk: <https://www.youtube.com/watch?v=cXTpLgtH60Y>



## **Primary Benefits of the 21 Simple Tools for Lifelong Comfort and Ease™**

**Exercise Tool #1 Juicy Joints:** Joint Mobility.

Also Ligament Flexibility, Circulation

**Exercise Tool #2 Dive In!:** Upper Body Strength.

Also Upper/Lower Body, Psoas, Right/Left Brain Coordination, Hip Flexors

**Exercise Tool #3 Spelling "B" (for Body):** All five areas of the brain.

Also Cognitive Function, Kinesthetic Learning, Range of Motion

**Exercise Tool #4 Front Row Orchestra:** Multi-skilling.

Also Spinal Flexibility, Right-Left Brain Coordination, Eye-Hand Coordination

**Exercise Tool #5 Zoo-ology:** Systemic Movement.

Also Breathing, Fall Prevention, Cognitive Function (Memory/Imagination), Humor

**Exercise Tool #6 Try Chi:** Stability in the Ligaments/Joints.

Also Muscle Control, Eye-Hand Coordination, Breathing and Relaxation

**Exercise Tool #7 Yo Baby!:** Flexibility.

Also Alignment, Joint Stability, Bone Density

**Exercise Tool #8 Body Math:** Ability to Respond, React and Recover. (The Three R's)

Also Cognitive Function, Agility, Neural Response

**Exercise Tool #9 Gentle Geometry:** Neuroplasticity.

Also Coordination, Neural Response, Multi-skilling, Sense of Humor

**Exercise Tool #10 Rockin' Rockettes:** Hip Flexors and lower body function.

Also Thigh Strength, Hip Mobility, Ankle and Foot Flexibility, Arch Support, Foot Health

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**Exercise Tool #11 Spaghetti Spine:** Spinal Flexibility: all 26 working parts of the spine. (7 Cervical vertebrae, 12 thoracic, 5 lumbar, sacrum and coccyx)

**Exercise Tool #12 Express Yourself!:** Mobility, Strength and Agility in Entire Arm.  
(the Hands, Fingers, Arms, Shoulders, back and chest muscles)

**Exercise Tool #13 "Power" Tools:** Power and Leverage.  
Also Integration, Imagination, Memory/ Recall, Coordination

**Exercise Tool #14 Saving Face:** Release of Tension in the Face, Head and Neck. Also  
Relaxation, Muscle Toning, Headache Relief, TMJ/ Jaw Tension, Sense of Humor

**Exercise Tool #15 Balancing Act:** Balance and Fall Prevention.  
Inner Ear Fluid Stimulation, Neural Pathway Development, Bone Density, Ankle Strength

**Exercise Tool #16 B-R-E-A-T-H-E Out Loud:** Oxygenation of Cells.  
(bloodstream, muscles, brain). Also Sense of Humor, Stress Relief, Personal Power

**Exercise Tool #17 Grab Bag:** Dexterity in the Hands, Fingers and Wrists. (ADLs) Also  
Muscle Strength, Arthritis, Joint Flexibility/Mobility, Eye-Hand Coordination

**Exercise Tool #18 Shake It Up Baby!:** Myofascia/Connective Tissue.  
Nervous System Stimulation, Skin and Connective Tissue Health, Agility

**Exercise Tool #19 Team Fit:** Muscle Mass and Coordination.  
Overall Physical Strength, Eye-Hand Coordination, Memory/Recall/Strategic Planning

**Exercise Tool #20 Get Down, Get Up!:** The Muscle of the Heart/Cardio Conditioning.  
Also Muscle Strength, Spinal Health and Flexibility, Bone Density, Fall Prevention

**Exercise Tool #21 Dance Party!:** Emotional Expression.  
Also Memory/Recall, Cardiovascular Conditioning, Overall Functionality.

# Resources

## Neuroplasticity and Brain Function with Exercise

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# Resources

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## TOOL #2: DIVE IN!

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## TOOL #3: SPELLING "B"!

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# Resources

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## TOOL #5: ZOO-OLOGY

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## TOOL #7: YO-BABY!

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## **TOOL #10: ROCKIN' ROCKETTES**

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## TOOL #13: "POWER TOOLS"

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## **TOOL #16: B-R-E-A-T-H-E OUT LOUD!**

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## TOOL #19: TEAM FIT

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