

"1 BRAIN 1 BODY"

The Official Newsletter of "The Inle BrainFit Institute"®

HAPPY NEW YEAR!

Important Dates

* Eagle Academy Health Literacy Seminar

* January 16th, 2019

* Health In Harlem Radio Show (Whcr 90.3 Fm)

* January 17th, 2019 (7-8pm)

* Intelligent Medicine Radio Show

* February 11th, 2019 (4-5pm)

* Book Release: "Neuroplasticity: Your Brain's Superpower"

* March 2019

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Diet/Exercise Tips

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Our Exercise Program

Did you know that exercise is one of the biggest promoters of Neuroplasticity, our brain's ability to make new neurons, new connections, and strengthen old ones. Exercise helps our brains learn, adapt, and heal after injury.

At the The Inle BrainFit Institute® we want to take advantage of the benefits exercise has on the brain and body in order to change your life. **Join Our Program Today!**

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Neurology Joke (Created By My Sons 😊):

-What did one neuron say to another neuron?

-Let's start connecting. 😂



Noteworthy

On November 1st, 2018, Dr. Philippe Douyon, successfully launched his app, *Dr. Douyon's BrainFit™*.

Dr. Douyon's BrainFit™ is a game that teaches people about the impact that diet and exercise have on their bodies and brains. It also contains a built in health risk assessment allowing us to create individualized exercise programs as well as community health and wellness programs.

Download Load Now For Free!

Dr. Douyon's BrainFit™ is available for download in the App Store and Google Play. Below you will find the links:

<https://play.google.com/store/apps/details?id=com.brain.brainfit>

<https://itunes.apple.com/us/app/dr-douyons-brainfit/id1418617350?mt=8>.

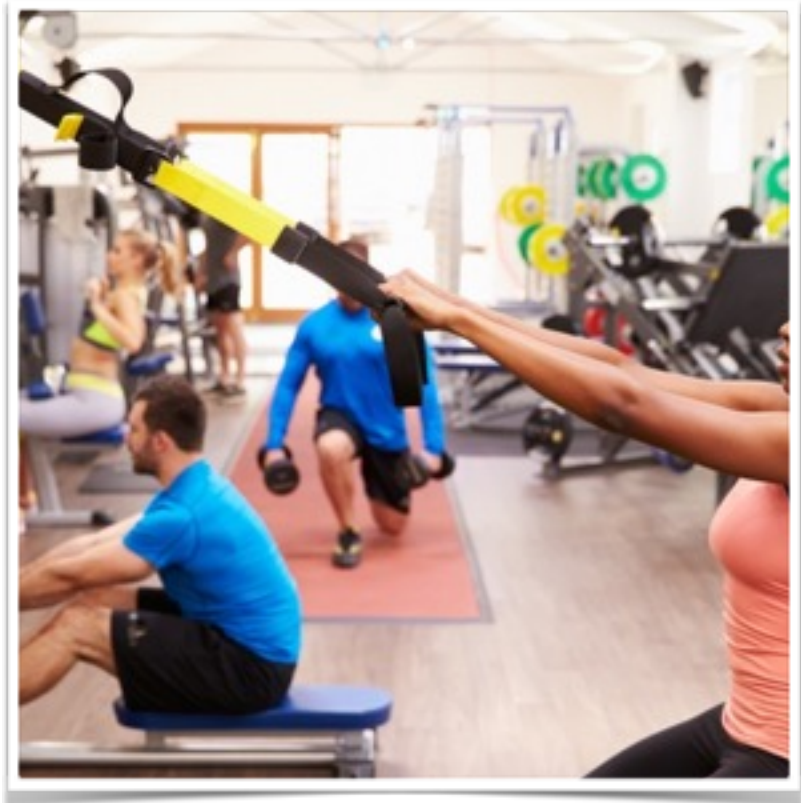
Exercise Program Description:

- Individualized exercise regimen based on the person's neurological and medical needs, as well as personal fitness goals.
- 3 days per week of varied programming
- 12 workouts per month (3 workouts per week)
- Each workout will be programmed to take approximately 30 minutes to complete.
- Exercises will be body weight (not requiring any equipment).

Membership:

- Monthly membership
- Cancel anytime
- For pricing information visit:

www.inlebrainfitinstitute.com



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