

NeuroFitness Program

Uniquely designed to rebalance the brain, improve cognitive performance, and increase overall health and wellness.



What is NeuroFitness?

NeuroFitness is a structured brain health program aimed to enhance cognitive performance and overall well-being. Real-time neural feedback, consistent training, and education about heart rate variability, sleep, and the gut-brain connection combine powerfully to help refine concentration, reduce anxiety, improve sleep quality, and strengthen emotional control.

How does the program work?

NeuroFitness delivers a comprehensive brain health program using evidence-based techniques, including neurofeedback, heart rate variability, gut health, sleep, and more.

- **Neurofeedback:** A type of brain training based on real-time visual and auditory feedback of brainwave activity. Regular practice helps the brain create new neural pathways to improve performance.
- **Heart rate variability:** The connection between breathing, heart rate, and the nervous system. HRV training can help regulate stress response.
- **Sleep:** Sleep plays a vital role in maintaining overall health. NeuroFitness introduces relaxation tools and tips on improving sleep quality.
- **Gut-brain connection:** The constant communication network between the gut and the brain, which may impact thinking, memory, mood, and cognitive functioning.

How can NeuroFitness help service members and veterans?

The program is designed to improve focus, emotional regulation, sleep quality, and overall mental well-being. For our critically wounded, ill, and injured service members and veterans, NeuroFitness can boost recovery in areas such as ADHD, anxiety, post-traumatic stress, and the effects of a traumatic brain injury. Training is tailored based on each person's unique brain mapping data. Because of this personalized approach, our Nation's heroes feel empowered to better understand and manage their stress responses and other conditions.

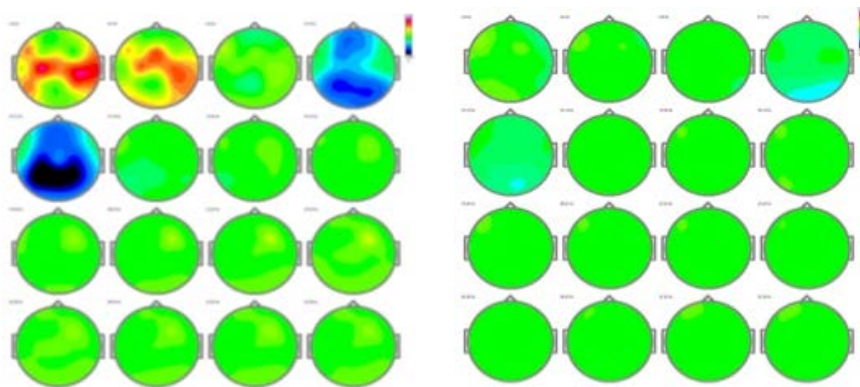
What happens during a NeuroFitness session?

The first step is to obtain a map of the brain through quantitative electroencephalogram (qEEG) brain mapping. During a brain mapping session, we place sensors on the service member's or veteran's scalp to record electrical patterns. The data helps us create a detailed picture of the brain's activity and identify areas that may need training. Once we understand what is happening in the brain, we can tailor a neurofeedback program to help enhance its function.

During neurofeedback sessions, sensors are placed on the head to monitor the brain's electrical activity, which is then displayed on a screen in real time. This feedback helps our heroes learn how to optimize their brains' performance. Neurofeedback training helps our service members and veterans navigate life's challenges with improved cognitive abilities and emotional stability.

What kind of results can we expect from NeuroFitness training?

Service members and veterans who underwent our NeuroFitness training reported lasting improvements in focus, stress reduction, and overall resilience. The goal of NeuroFitness is to help the brain create new neural pathways for improvements in concentration, emotional regulation, anxiety reduction, and more.



Pre- and Post-31 Sessions (FZ-CZ Amplitude)

One participant who had experienced three explosive blasts showed significant improvements after 31 sessions. Now, he sleeps without medication, has better attention and memory, and has improved emotional regulation through a reduction of rage episodes.