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3-MINUTE BRAIN- BOOSTING MOVEMENT ROUTINE

THE BRAIN LONGEVITY SERIES



Welcome Dearest

When I saw a healthy brain and a dementia-affected brain during my neurobiology course, tears welled in my eyes at the stark difference. The healthy brain was full and vibrant; the other, shrunken and empty. In that moment, I thought of my father who lived joyfully to 95 without cognitive decline, cooking, experiencing life & painting in his atelier until his final months

This contrast ignited my mission with PREVENTIA—to help others protect their most precious asset through five essential pillars: Knowledge, Exercise, Nutrition, Sleep, and Community.

I'm sharing this guide because I deeply believe dementia is not inevitable. The choices we make daily can write a different story for our future. I hope this resource brings you both practical tools and renewed hope.

Your brain has an astonishing capacity for resilience—and I'm here to help you nurture it. To your vibrant brain health,

Kathryn Ann

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YOUR BODY MOVES, YOUR BRAIN GROOVES

*"Muscles are your life insurance
policy that you should invest in!"*
— PREVENTIA



QUESTIONS?

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Medicine for your Brain



With every step, stretch, or strength exercise, you set off a cascade of positive processes that directly affect your brain.

This quick routine combines three types of movement that research shows are particularly beneficial for brain health: **coordination exercises, strength movements, and cross-body patterns.** You can do this routine anywhere—no equipment needed!:

I. ENERGIZING BREATH & WARM-UP (30 SECONDS)

Standing Breath Activation:

- Stand with feet hip-width apart
- Inhale deeply through your nose for 4 counts, raising arms overhead
- Exhale fully through your mouth for 6 counts, lowering arms
- Repeat 3 times
- Roll shoulders backward 5 times

Brain Benefit: This breathing pattern activates your parasympathetic nervous system, reducing stress hormones that can damage the hippocampus (your memory center).



2. CROSS-BODY COORDINATION (45 SECONDS)

- High Knee Cross-Taps:
- March in place, lifting knees toward chest
- Touch right hand to left knee, then left hand to right knee
- Perform at a comfortable pace for 45 seconds
- For more challenge: increase speed or lift knees higher

Brain Benefit: Cross-lateral movements activate both brain hemispheres simultaneously and strengthen the corpus callosum (the bridge connecting your brain's left and right sides). The elevated heart rate also improves blood circulation throughout your body, delivering more oxygen and nutrients to your brain for enhanced cognitive function and mental clarity.



3. LOWER BODY STRENGTH (45 SECONDS)

Chair Pose or Modified Squats:

- Stand with feet hip-width apart
- Bend knees as if sitting into an imaginary chair
- Keep weight on heels - you should be able to wiggle your toes, knees behind toes
- Hold for 5 seconds, then rise
- Repeat for 45 seconds
- Optional: use a resistance band around your thighs for added glute activation

Brain Benefit: Lower body exercises stimulate production of Brain Derived Neurotrophic Factor (BDNF) - the neuron's life elixir - most effectively. They also improve blood circulation to the brain.



4. BALANCE & FOCUS (30 SECONDS)

Single-Leg Balance with Arm Circles:

- Stand on your right leg
- Make small, controlled circles with both arms
- Hold for 15 seconds
- Switch to left leg for 15 seconds
- For more challenge: close your eyes or make larger circles

Brain Benefit: Balance exercises activate the cerebellum and vestibular system, which have extensive connections to cognitive areas of your brain.



5. COOL DOWN & BRAIN INTEGRATION (30 SECONDS)

Standing Figure-8:

- Stand comfortably
- With your right index finger extended, trace a horizontal figure-8 pattern in the air
- Follow the movement with your eyes
- Switch to left hand after 15 seconds
- For more challenge: trace the figure-8 with your whole arm

Brain Benefit: This exercise integrates visual tracking, motor control, and cognitive focus, strengthening neural pathways throughout your brain.



MAKE IT A HABIT

The power of this routine comes from **consistency**. Science shows that short movement breaks throughout the day can be more beneficial than one long exercise session. Try to do this 3-minute routine:

- First thing in the morning to activate your brain
- During mid-afternoon energy slumps
- Whenever you need a mental boost
- Before important meetings or mental tasks

Remember: "Your body moves, your brain grooves." The more regularly you move, the stronger the cognitive benefits will be.



THE SCIENCE BEHIND THE MOVEMENT

When you exercise, several remarkable processes occur:

- **Increased BDNF Production:** This protein Brain Derived Neurotrophic Factor is highest in the hippocampus, your memory center.
 - **Better Blood-Brain Barrier Function:** Exercise strengthens this protective filter, allowing nutrients in while keeping toxins out.
 - **Growth of New Blood Vessels:** Regular movement creates more capillaries, delivering oxygen and nutrients to brain cells.
 - **Reduced Inflammation:** Physical activity helps manage chronic inflammation that can damage neurons.
 - **Enhanced Stress Resilience:** Regular exercise helps your brain handle stress more effectively.
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WANT MORE BRAIN- PROTECTIVE MOVEMENT STRATEGIES?

This 3-minute routine is just a glimpse of how movement can protect and enhance your brain health. For the complete PREVENTIA approach to dementia prevention through all five pillars (Knowledge, Exercise, Nutrition, Sleep, and Community), reach out to learn more!



EMBRACING THE PRIVILEGE OF AGING

"GETTING OLDER IS A PRIVILEGE DENIED TO MANY."

This simple truth invites us to shift our perspective—from fearing ageing to embracing it as the remarkable gift it truly is. Each year brings new opportunities for growth, connection, and wisdom. Yet embracing ageing doesn't mean passively accepting whatever comes our way. It means living with intention, making choices that protect our most precious asset: our brain.

These five facts merely scratch the surface of what we know about brain health and dementia prevention. These free guides in THE BRAIN LONGEVITY SERIES want to start the conversation on what is possible when we approach brain health holistically.

For a deeper understanding and practical strategies across all five PREVENTIA pillars (Knowledge, Exercise, Nutrition, Sleep, and Community), reach out to learn about our workshops and individual coaching options!

NEED MORE INSIGHT
& SUPPORT?

PREVENTIA OFFERS MORE

If you're curious about deepening your understanding of brain health, PREVENTIA provides:

- **Educational Workshops** exploring all five pillars of brain health in depth
- **Personalised Coaching** to develop strategies tailored to your unique lifestyle and needs
- **Community Events** that combine learning with the cognitive benefits of connection
- Additional Resources on specialised topics like sleep optimisation, stress management techniques, and targeted nutrition strategies

Our approach is always evidence-based, practical, and focused on abundance rather than restriction. We believe in making brain health accessible, enjoyable, and integrated into your existing life—not something that requires dramatic upheaval.

CONNECT WITH US

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