

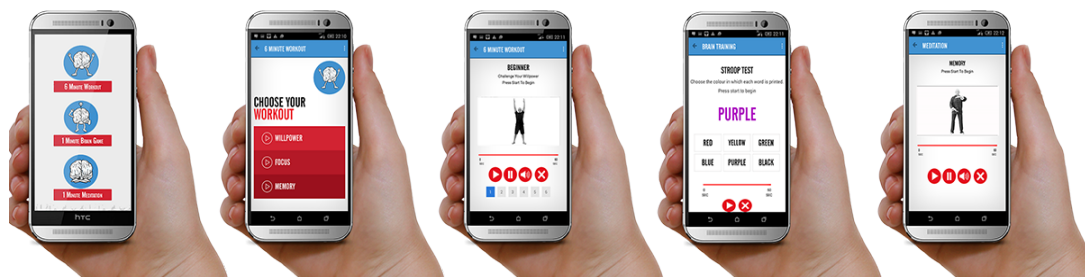


# HeadStrong Performance

## The 8-Minute Gym For Your Brain

Latest research in neuroscience is showing that the most dramatic increase in cognitive function is caused when combining **physical exercise** with **brain training games** and **mindfulness meditation**. Furthermore, research is also showing that it only takes 6 to 8 minutes of activity to fully reinvigorate our brains.

Inspired by these latest findings, the user-friendly HeadStrong Performance App zeros in on quickly improving the three different mental states essential for executive performance in today's dynamic business climate being: Willpower, Mental Focus, and of course, Memory.



Simply fire up the app, choose your mental state workout for the day starting with 6 minutes of physical exercise, for which you can choose 3 different levels, beginner, intermediate, and expert.

After your 6 minutes of physical exercise, your brain will be primed with fresh oxygen, hormones and neurotransmitters. Taking full advantage of your elevated capacity, you will then move on to complete 1-minute of brain training, which is presented in a fun and engaging brain game. Finally, after your brain has been supercharged you will move on to spend 1-minute following a Tai-Chi meditative breathing exercise to pull your brain into a state of mindful presence.



This app comes in a free version, which will allow you access to the beginner-willpower workout, brain game, and meditation. Alternatively, for just a small, one-time fee, you can fully unlock the app and enjoy all workouts and features.

