

What is 'Ageless Grace Brain Health'- Audience participation of practice in a fun filled engaging session

Jo Brizland-Cullen

Ageless Grace Brain Health, UK

(Physical Activity) Audience Participation of Ageless Grace® Brain Health Fitness: Experience Ageless Grace® Brain Health Fitness by taking part in a demo class. Ageless Grace® Brain Health Fitness, a brain-body program based on stimulation of neuroplasticity to support cognitive health and activate all five primary functions of the brain.

The program uses 21 physical “games” called “tools” that are based on the cutting-edge concept of neuroplasticity - the ability of the brain to change structurally and functionally.

The Benefits of Ageless Grace® Brain Health Fitness: Each tool addresses a primary factor commonly related to physical aging. All the tools stimulate and utilize the five functions of the brain - Strategic Planning, Memory and Recall, Analytical Thinking, Creativity and Imagination and Kinaesthetic Learning.


From birth through mid-teens, the brain is busy creating a complex web of neural pathways, however functional and cognitive skills that were developed through traditional childhood games, sports and leisure activities are typically no longer explored in adulthood when we tend to practice only what we like to do and what we do best. Ageless Grace® Brain

Health restores and maintains neural pathways and stimulates the creation of new ones. The tools activate the core of the body, including the internal organs and systems, such as the Respiratory System, Endocrine System, and Digestive System, also Mindfulness and Breathing Relaxation Techniques. The program is practiced in a chair, to cause the brain to figure out how to do these activities seated rather than standing. Performing the tools in a chair works the core, also affects physical skills, such as balance, stability, range of motion, etc. People of all ages and abilities (including children) can perform the movements, including those with weight and joint issues, diabetes and other challenges such as those in wheelchairs etc.

Speaker Biography

Jo Brizland-Cullen has worked 30 years with older people to improve health, life & wellbeing. She is a Qualified Healthy Hips & Hearts (including Fall prevention) teacher, Gym Instructor, Tai Chi for Arthritis Instructor, Level 3 Adapted Physical Activity for Disabled People & GP Referral Programme Consultant, British Association of Cardiac Rehabilitation Level 4 Instructor, Kundalini Tantra Yoga Teacher and Ageless Grace Trainer & Educator. She managed a Hospital Discharge, Aftercare & Reablement team which won a Hospital Award for 'team contribution to outstanding patient care'.

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