

TOTAL BRAIN HEALTH

BODY • MIND • SPIRIT 

TBH BRAIN WORKOUT 1.0

SAMPLE CLASS

Teach brain-boosting lifestyle interventions
across body, mind and spirit to build
sharper thinking and lifelong brain vitality

FREE!

- ✓ Everything you need to run a community engagement class
- ✓ No obligation to purchase
- ✓ Like it? Order the TBH BRAIN WORKOUT 1.0 Toolkit for year-round, science-backed cognitive wellness classes

[TBHTOOLKITS.COM](https://tbhtoolkits.com)

Hello from Total Brain Health!

Welcome to your **TBH BRAIN WORKOUT 1.0** sample class. We are excited to have your community try this signature cognitive wellness program, designed to teach the science behind the body, mind and spirit wellness interventions proven to support cognitive health. This program is best taught in groups of 5-15 cognitively independent students for optimal engagement.

Results You Want

TBH programs bring the cutting-edge research behind cognitive wellness to your community. Every class reflects our TBH methodology, with workouts that include:

- Robust wellness engagement across body, mind and spirit
- Social-Based Brain Training to boost intellectual function, build social skills and encourage deeper connections
- Hands-on experiences that drive home the learning

“It’s great to be able to offer people an opportunity to be proactive about their brain health. And, I’m learning a lot about my own brain health too.”

— TBH Program Instructor

Ready to Start?

In this packet, you’ll find a sample 1-hour class from our TBH BRAIN WORKOUT 1.0 course with:

- **Scripted Class Materials.** Lead your students in a series of brain healthy workouts. For best results, familiarize yourself with the scripted materials ahead of class. Once in class, we encourage you to find your own voice, and not to read the scripts aloud.
- **Now Do It! Class Worksheet and Handout**
Beat the Clock Worksheet. Use this worksheet during class to support the class exercise as needed.

TBH Beat the Clock! Suggested Games Handout. This handout lists commercial timed games students can play on their own or with family or friends to extend the learning experience.

Think Fast! Why Working Against the Clock Works for Your Brain Handout. A Total Brain Health White Paper to extend the learning experience to extend their learning outside the classroom.

- ✓ Print enough copies for all students

TBH Blueprint and TBH Thinking Skills Handouts. Provide students with a road map that visually explains how wellness supports our brain health. Use the TBH Thinking Skills handout as a reference to the skills worked in class.

- ✓ Print enough copies for all students

- **Participant Survey.** Ask students to complete the survey for valuable feedback as you consider TBH BRAIN WORKOUT 1.0 for your community.

- ✓ Use the provided participant survey to gather feedback after your sample class based on a “show of hands.”

You’ve Only Just Begun!

As a TBH partner you can expect everything you need to lead successful programs in your community including:

- **Resident Courses** each with up to 24 repeatable classes for continuous use across your calendar, class worksheets, proprietary games and student handouts.
- **Trainer Education and Planning Resources** that offer you an in-depth understanding of the brain health science and support materials for getting started and staying organized. Add on our Corporate Care package for even more trainer support.
- **Get the Word Out** marketing materials to promote your Total Brain Health program.
- **Custom Solutions** around brain wellness for stand apart market positioning.

What’s Next?

We’d love to connect! Email (info@totalbrainhealth.com) or call (973.655.0422) to discuss your community needs. Or schedule a meeting directly at calendly.com/totalbrainhealth/meet

Here’s to building better brains, together!

The Team at Total Brain Health



BEAT THE CLOCK!

Introduces the value of timed workouts to cognitive skills using readily available games and activities.

TBH FOCUS

MIND SHARPEN SKILLS

SKILLS WORKED

P A C ST N VE VI M PS

SBBT

TEAM UP

YOU WILL NEED

- A medium-sized soft ball (optional)
- Stopwatch or timer
- 2 White boards or flip charts and markers, for each team
- Paper and pens, enough for everyone. Remind distance learners to have these ready ahead of class
- *Now Do It!* worksheets and *TBH Takeaway* handouts, enough for each student. Distribute to distance learners ahead of class
- *TBH Blueprint* handout, enough for each student
- *TBH Thinking Skills* handout, enough for each student
- Video conferencing technology if modifying for virtual delivery



WELCOME TO CLASS!

- Welcome new students to today's class.

Welcome to our Total Brain Health **BRAIN WORKOUT** class. I am so excited you have joined us today!

This class is part of a larger program designed by Dr. Cynthia Green, a recognized cognitive health expert and author. The Total Brain Health courses are grounded in the cutting-edge brain fitness science so you can feel confident that you are doing all the right things to take care of your cognitive health and well-being.

Today's TBH Blueprint focus is the "Sharpen Skills" action point. The TBH Blueprint is a road map we can use to understand how staying active across body, mind and spirit supports our brain health. Distribute TBH Blueprint handout.

Today's topic is "Beat the Clock!" Research shows that testing our thinking skills against the clock can help us better maintain them as we age. We're going to learn more about the science and have a friendly team competition to work on those very skills together!

We will be working on the following thinking skills today:

P Perception **A** Attention **C** Coordination **ST** Speedy Thinking
N Nimbleness **VE** Verbal Skills **VI** Visual Skills **M** Memory **PS** Problem Solving

Here is a handout that explains those different thinking skills. Distribute TBH Thinking Skills handout.



TBH LET'S GET IT STARTED!

5 MINUTES

- Lead this upbeat, seated warm-up to build focus, energy, and get everyone ready to learn.
- Encourage class to count along and support one another.
- Option to play music to set the pace of your workout.
- See the course introduction for a fully scripted version of this workout.
- Mute distance learners to avoid noisy distractions.

We are going to begin with *TBH Let's Get It Started!* Being physically active is great for our brains. This quick warmup is a great way to get focused, build energy and get us ready to learn. We'll do this right at our seats at the beginning of every class. Just watch what I do and follow along!

FEET GET STARTED!

- ▶ *Tap toes on both feet, up and down. 10 repetitions. Count together 1 to 10.*
- ▶ *Alternate toe taps. 10 repetitions. Count backward together 10 to 1.*

LEGS GET STARTED!

- ▶ *Stamp feet on the ground, alternating feet. Make "noise" with group.*
- ▶ *Gently kick legs out from the knee, alternating legs. 10 repetitions. Count together from A to J.*
- ▶ *March in place, alternating legs. 10 repetitions. If your class is physically able to march in place safely while standing, you may choose that option. Count backwards from 20 by 2's (20, 18, 16...)*

ARMS GET STARTED!

- ▶ *Gently shake arms, open and close hands.*
- ▶ *Circle wrists a few times in clockwise and counterclockwise.*
- ▶ *Hold arms straight out in front, shoulder level, palms facing down. Slowly lower both hands to thighs and then raise them back to shoulder level. 5 repetitions. Count by 2's (2, 4, 6, 8, 10).*
- ▶ *Shrug shoulders up and down, with hands on knees. 5 repetitions. Count backwards from 5 to 1.*

VOICES GET STARTED!

- ▶ *Say "OHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- ▶ *Say "EHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- ▶ *Say "AHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- ▶ *Say "OH – EH – AH." Hold each sound for a few seconds. 3 repetitions.*
- ▶ *Say "The lips, the teeth, the tip of the tongue." Repeat this famous acting voice exercise with the class, focusing on articulation and participation. 3 repetitions.*

BREATH GETS STARTED!

- ▶ *Slow focus to bring awareness to sitting still in chair.*
- ▶ *Take a deep breath in through the nose.*
- ▶ *Exhale out through the mouth.*



- ▶ Give selves big hug, wrapping arms across waist and squeezing gently, as able.
- ▶ Thank selves and send some “TBH love” to our brains!

Great job, everyone! We are started up and ready to go!



BRAIN PLAY | WORD HOT POTATO

5 MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Have students call out words that begin with the last letter of the word stated by the person who goes before them. Begin with the word “BRAIN.” The first student will come up with a word beginning with the letter “N.” The next student will come up with a word beginning with the last letter of that word, and so on, until time runs out.
- Keep time for the activity by snapping your fingers or clapping your hands for a paced beat. Option to have the class join you in setting the beat.
- Option to increase the difficulty by having students pass a medium-sized soft ball to each other when it is their turn at “Word Hot Potato.”
- Include distance learners by calling their name on their turn.

Now let’s do our “Brain Play.” These fast-paced warm-ups at the start of every class are an important way we can keep our thinking focused, fast and nimble. Today’s Brain Play is called “Word Hot Potato.” I’m going to say a word. The next person will take the last letter of my word and say a word that begins with that letter. Then the next person will go, again taking the last letter of that word and saying a new word that begins with that letter. Everyone understand the directions?

Great! Let’s get started! I’m going to set the pace to make sure we work fast! Let’s go. BRAIN. Let’s all congratulate each other. What a great job playing word hot potato!



LEARN THE TBH SCIENCE

5 MINUTES

- Present the science behind this class.
- Allow for brief discussion of the science with your students.

Today’s topic is “Beat the Clock!” There’s nothing like racing against the clock to get us to speed up our processing skills. Did you know that when time is of the essence and we have to hurry to get something done, there’s a brain bonus? Research shows that “thinking fast” helps us sharpen and maintain intellectual skills—especially attention, speed, executive control, and memory, all of which tend to decline as we get older.

Do you have some things you do that force you to work against the clock and think fast?

One of the best -- and most fun! -- ways to flex our mental muscles is to play games or work puzzles that are timed. These can be board games, console-based games using devices like



the Nintendo Wii, or app-based games that we can download and play on our smartphones or tablets. That means we can fit in a brain workout whenever we find ourselves with a little time to spare—in line at the grocery store or even in the doctor’s waiting room!



NOW DO IT!

15+ MINUTES

- Lead your class in the workout to personalize their learning of the science. Option to distribute class worksheets.
- Break your class into two teams.
- Play two rounds of each “Beat the Clock” game, or more as time allows.
- Award points to the winning team for each game. The team with the most points “wins.”
- When repeating this class, be sure to use different prompts.
- For virtual delivery, assign distance learners to a team. Ask them to write down their answers at home. Or, do the workout “All Together.” Have everyone work independently during the allowed time. Adjust scripting accordingly.

Now we are going to break into two teams for a bit of friendly “Beat the Clock!” competition. Each team will work together to see who can win against the clock and finish first! We have a few games to play. I’ll keep score. Let’s get started!

“BEAT THE CLOCK” GAMES

WORD SCRAMBLE How many words can each team find using the prompt word letters?

*Each team picks a “scribe.” They will write the prompt word at the top of the team white board/flip chart. Each team has 3 minutes to work together and come up with as many words as they can using the letters in the prompt word. When time is up, one team will call out the words on their list. Both teams will cross out any words in common (for example, if both teams have the word “rope” on their list, both teams will cross it out). The team with the most words remaining wins. Prompt words: **NEUROPLASTICITY CALCULATOR METAMORPHOSIS CEREBELLUM***

Distance learners will add to their teams’ list at the end of the round or share their answers with the group if doing the workout “all together.”

SING DOWN! How many songs can each team name (or sing!) that include the prompt word?

*Each team takes a turn naming or singing a song that includes the prompt word below in the lyrics. For example, if the prompt word is “rain,” they would name or sing songs such as “Don’t Rain on My Parade” or “Rain, Rain Go Away.” Songs cannot be repeated. Each team has 30 seconds to come up with their “song.” The last team to successfully come up with a song wins the round. Play several rounds using the prompt words below, one at a time, as time allows. The team winning the most rounds wins the game. Prompt Words: **LOVE HAPPY SUN FRIEND(S)***

Encourage distance learners to call out answers during their turn. If doing “All Together,” have everyone call out answers for a shared group experience.

Awesome job, both teams! Our brains were definitely the big winners today!



TBH TAKEAWAY

10 MINUTES

- Share this brief wrap-up to end the workout.
- Distribute or email handouts to each student.
- Ask students to share one thing they will “take away” from today’s class.

Playing against clock is great for our brains. Research has found that timed workouts help us maintain the very intellectual skills that typically decline with age, especially attention, quick and nimble thinking, and memory.

Here is a handout that lists lots of options for ways you can keep training your brain against the clock!

What’s your favorite take away from today’s class? How will you put what we learned together into practice?



TBH TAKE A BREATH

5 MINUTES

- Lead this signature relaxation and affirmation exercise to close class.
- Option to play music to set the pace of your workout.
- See the course introduction for a fully scripted version of this workout.
- Mute distance learners to avoid noisy distractions.

Let’s wrap up with “TBH Take a Breath.” Being mindful of our breath and sharing some positive thoughts is a wonderful way to acknowledge what we’ve learned together before we go back to our day. Research also shows that these kinds of exercises help us focus better and even learn more effectively.

- ▶ *Have students get comfortable, resting both feet flat on the floor, hands resting in their laps.*
- ▶ *Have students close their eyes and keep them gently closed.*
- ▶ *Ask students to focus their attention on their breathing, noticing the rate and rhythm of their breath. Allow them to focus on their natural breathing for a few moments.*
- ▶ *Instruct students to begin rhythmic breathing. Ask them to inhale slowly and deeply through their nostrils, breathing gently into their chest and belly. Then ask them to exhale slowly through their lips, slowing the rate and rhythm of their breath.*
- ▶ *Have students continue rhythmic breathing, instructing them to continue to focus on gently and slowly inhaling and exhaling, allowing their attention to simply “ride” the wave of their breath. Allow them to focus on rhythmic breathing for several moments.*
- ▶ *Offer the following positive affirmation statements below in a calm, slow voice. Invite students to simply listen, repeat the phrase silently to themselves, or to think about what each statement means to them.*

**My brain is nimble.
I am grateful for thinking clearly.
I am grateful for thinking quickly.
I am grateful for my brain.**



- ▶ *Pause for several moments.*
- ▶ *End the exercise by inviting your students to bring their awareness back to the room, gently opening their eyes and becoming more aware of the room and of each other.*
- ▶ *Invite them to end practice with gratitude for taking a moment for themselves, for the chance to learn together and to connect with each other.*



COMING UP NEXT!

2 MINUTES

- Thank students for attending the class.
- Invite students to join you for the next TBH class.

I am so glad we had this time to learn together today. It was so nice to try something new and play against the clock with our brains!

I look forward to seeing you for our next TBH Brain Workout class. Be sure to bring a friend!



PARTICIPANT SURVEY

- Use the provided participant survey form to get feedback from your class.

I'd love to hear what you thought about today's class. Here are a few questions we can answer together. Just raise your hand if you agree with the statement that I read. Ready?



CLASS RESOURCES

NOW DO IT! WORKSHEETS

Use these optional worksheets to run your class.

Beat the Clock Worksheet. Use this worksheet to support the class exercise as needed during physical distancing or for distance learners.

TBH TAKEAWAY HANDOUTS

Distribute these optional handouts to extend the learning experience.

TBH Beat the Clock! Suggested Games. (Total Brain Health) This handout lists commercial timed games students can play on their own or with family or friends.

Think Fast! Why Working Against the Clock Works for Your Brain. A Total Brain Health White Paper.

Want to ramp it up? Ask us about our next level BRAIN WORKOUT 2.0 program!

Contact info@totalbrainhealth.com.



TBH “BEAT THE CLOCK” WORKSHEET FOR IN-CLASS USE

THE SCIENCE

Research shows that testing our processing skills against the clock can help us better maintain our thinking as we age.

NOW DO IT!

Try this! Take 3 minutes to come up with as many words as you can using the letters in one of the prompt words below. Done? Try again with another of the prompt words!

PROMPT WORDS

NEUROPLASTICITY
CALCULATOR
METAMORPHOSIS
CEREBELLUM

TBH TAKEAWAY

Playing timed games is great for our brains and helps us maintain the very intellectual skills that typically decline with age, especially attention, quick and nimble thinking, and memory.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!



TBH “BEAT THE CLOCK” HANDOUT FOR AT HOME WORKOUTS

Here are some games you can try on your own to keep training your brain against the clock!

BOARD GAMES

Available at your local toy store or to order online.

Boggle. This classic game is a timed word search that can be played together or on one’s own.

Zip It. A TBH favorite, play this game by creating a grid of words using the dice in your hand.

Pictionary. This game challenges players to test their visual skills against the clock.

Taboo. Teammates guess as many phrases or words on the Taboo cards, without saying any of the “forbidden” words listed, before time runs out.

Scattergories. A twist on Concentration, players come up with as many words in a category beginning with the letter rolled on a 20-sided die.

Set. Another TBH favorite that promotes not only attention and speed but also executive reasoning and problem-solving skills.

APP-BASED GAMES

Available on the App or Play store, or through your cellular provider, usually for a nominal monthly fee.

Candy Crush. Match three or more candies of the same color against the clock to score points.

Words with Friends. Find words in the puzzle grid against the clock. Challenge friends to play against you, or play in competitions on the app.

SongPop. Can you pick the correct song after hearing just a few notes? Choose your favorite genre or try a new one. Challenge friends or play in app-based competitions.

Tenkyu. Swipe your finger to keep the ball rolling on the 3D track. Certain to keep your thinking focused, fast and nimble!



THINK FAST! WHY WORKING AGAINST THE CLOCK WORKS FOR YOUR BRAIN

Cynthia R. Green, Ph.D.
President, Total Brain Health

Think fast! The term brings me right back to elementary school where “monkey in the middle” and “red rover” filled recess hour. And though I’m a few years past my elementary playground days, thinking fast is certainly on my mind, as it is a hot topic in brain health.

Why are so many folks focused on fast thinking? Research suggests that training to “think faster” is a great way to preserve our daily thinking skills. Working against the clock tests all the skills we know are most challenged by aging, namely attention and quick and nimble thinking, as well as short-term memory and executive control.

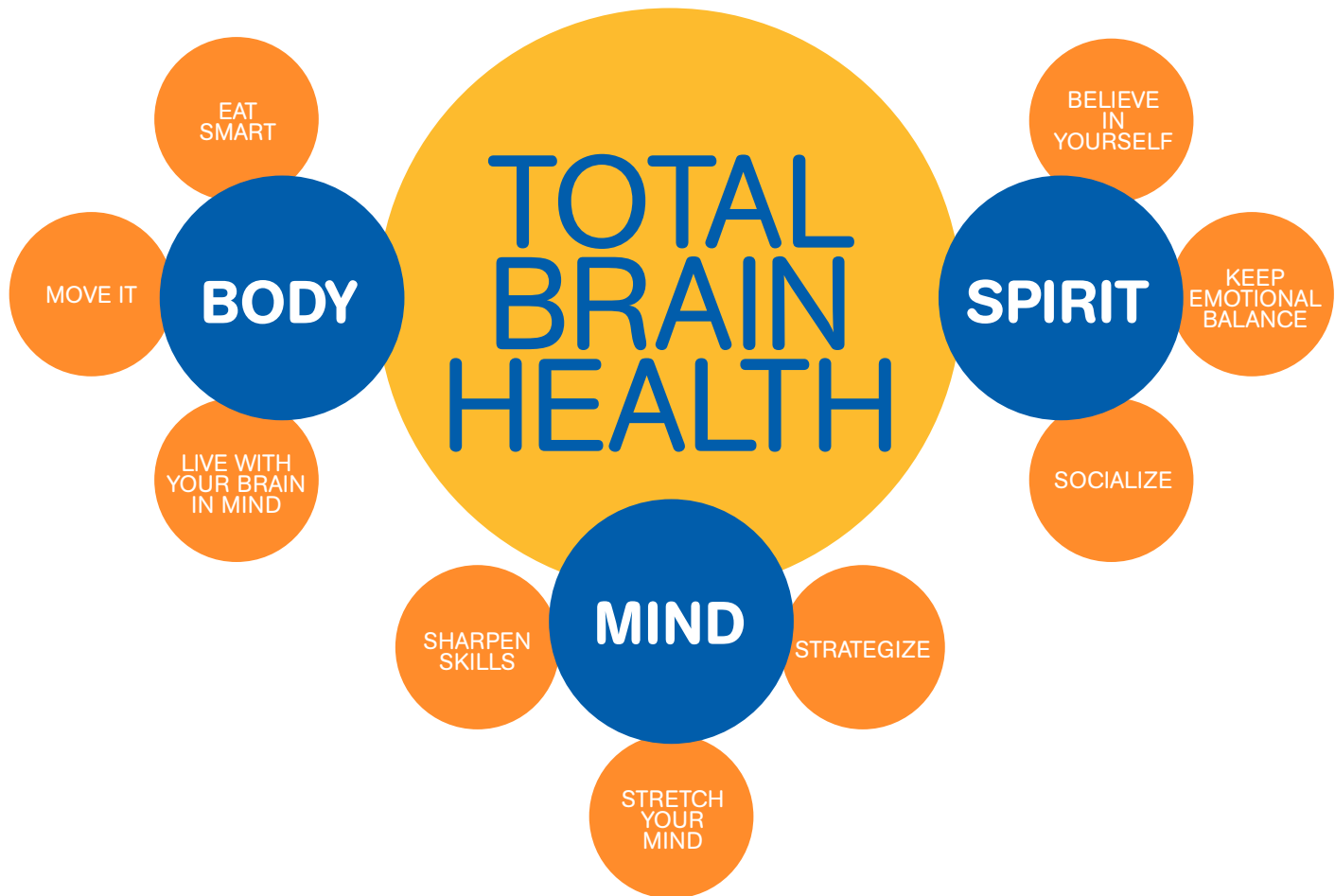
At Total Brain Health, speed of processing training falls under the “Sharpen Skills” action step on our TBH Blueprint and is included in all of our programs as one of the many things we can do to stay sharp day-to-day. How can you put the science behind processing speed training to work?

- **Play Against the Clock.** Timed activities – board games, electronic-based activities, and the like – are easy, accessible, affordable and a great “think fast” workout. Playing against the clock is something we all seemed to move away from as we age and leave that proverbial playground behind. Yet doing so offers critical opportunities to challenge our processing speed. Timed training is one of the benefits of brain training software, which can also adjust the training level as we improve. However, we can readily get the same brain training workout from anything that requires us to think fast.
- **Think Fast Together.** We love when things get social! Working with others is a great way to challenge processing speed, since we are forced to respond to others quickly, problem solve as a group, and gain the many other brain boosting benefits of social engagement. It’s no wonder that experts recommend staying social for better cognitive outcomes. I personally love some of the social media games such as *Word Streak with Friends* for a great social-based speed workout with family and friends.
- **Don’t Miss Your Everyday Think Faster Chances.** One of the opportunities most missed is the multitude of small ways we can “think faster” each and every day. Jazz up mundane activities such as cutting vegetables for dinner or folding the laundry by challenging yourself to finish by the time the clock runs out! Learn a few new dance steps to a favorite fast-paced song, then get up on your feet for a much-needed work break and move to the beat.

I hope that this bit of “slow thinking” on what we really know about the cognitive benefits of speed of processing training helps you take action on the many ways we can all get a bit more game for our brains by playing against the clock.



TOTAL BRAIN HEALTH BLUEPRINT



Our **TBH BLUEPRINT** is the foundational wellness roadmap behind every TBH course. Use it as a roadmap to guide you to the activities proven by research and recommended by the experts to boost daily thinking and long-term brain vitality.

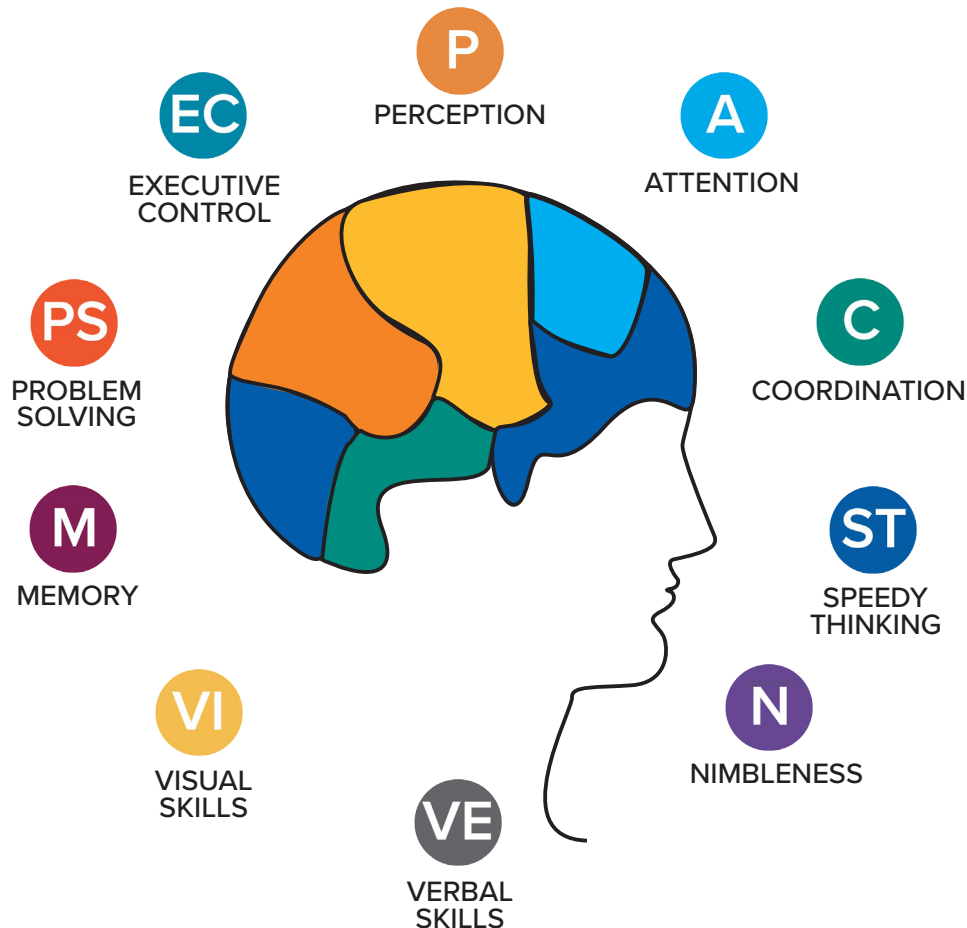
BODY. Staying physically fit, healthy dietary habits, as well as managing everyday choices such as sleep and medications, help sharpen intellectual performance and have been linked to lowered dementia risk and to better well-being for those living with dementia.

MIND. Cognitive training can revive skills diminished by age, such as attention, quick thinking, multi-tasking and reasoning. Continued creative and intellectual challenge as well as strategies to enhance memory also have proven to be critical to cognitive vitality.

SPIRIT. Strong, satisfying social ties, emotional balance and confidence in one's ability to improve memory and brain vitality have been tied by research to better cognitive health and overall well-being.



TBH THINKING SKILLS



Research shows that training in intellectual skills can help us better maintain everyday functioning. Each **Total Brain Health** class highlights the cognitive skills you will be building in that session, including:

Perception Accurately sensing our world.

Attention Our ability to hold focus.

Coordination Moving quickly and nimbly.

Speedy Thinking Quick thinking.

Nimbleness Our ability to multi-task.

Verbal Skills Speaking fluently.

Visual Skills Seeing the world accurately.

Memory Learning & recalling information.

Problem Solving Reasoning & resolving.

Executive Control Judging our world accurately and respond appropriately.



TBH BRAIN WORKOUT CLASS SURVEY

- Use this form to record responses to the class survey.
- Administer the questions below verbally.
- Ask your students to raise their hands if they agree with the question. Count and record the number of students who raise their hands or say “yes.”
- Record additional comments or suggestions on the sheet.

TRAINER NAME: _____

EMAIL: _____

COMMUNITY NAME: _____

CLASS TIME: _____

OF STUDENTS: _____

ASK STUDENTS “RAISE YOUR HAND IF YOU ...” RECORD # THAT INDICATE “YES”	
STATEMENT	# OF STUDENTS IN AGREEMENT
I ENJOYED TODAY’S CLASS	
I LEARNED SOMETHING HELPFUL TODAY	
I LIKED LEARNING WITH OTHER PEOPLE TODAY	
I WILL TRY WHAT I LEARNED TODAY ON MY OWN	
I WOULD LIKE MORE CLASSES LIKE THIS	

ADDITIONAL COMMENTS:

Share the responses by scanning and emailing this form to info@totalbrainhealth.com

Questions? Email us at info@totalbrainhealth.com

Order your TBH BRAIN WORKOUT Toolkit at tbhtoolkits.com/store

GET STARTED TODAY!

Social-Based Brain Training for Better Brainpower

- **CHOOSE** from 8 highly interactive trainer-led small group programs
- **ENGAGE** with hands-on, high energy cognitive workouts across body, mind and spirit
- **SERVE** everyone in your community across the cognitive continuum
- **ADD ON** professional training with video learning, seasonal activities, and more



1.0 TBH INSPIRE 1.0

Experiential training for the “spirit” side of wellness.



1.0 TBH BRAIN WORKOUT 1.0

Teach the latest research on how body, mind and spirit health matters to cognitive fitness.



1.0 TBH FAIR

All you need to host a community health fair with a brain healthy twist!



2.0 TBH BRAIN WORKOUT 2.0

A “next level” dive into how whole person body, mind, spirit wellness boosts thinking.



1.0 TBH CARE 1.0

Small group cognitive stimulation for persons living with moderate to moderately severe dementia.



1.0 TBH MEMORY 1.0

Practical strategies to rev up recall for everyday information such as names, conversations and more.



1.0 TBH FLEX 1.0

Brain wellness for those living with mild cognitive impairment to early dementia.



2.0 TBH MEMORY 2.0

“Next level” training in memory strategies and mnemonic systems.

Volume discounts available. Schedule time with a TBH specialist to learn more: <https://calendly.com/totalbrainhealth/meet>

TBH**TOOLKITS**.COM