

Download Executive Function Cognitive Fitness Business

On March 11, the New York Times published an article about the "brain fitness business" titled, Do Brain Workouts Work? Science Isn't Sure. The lower a person's fitness level, the faster vital nerve fibers in the brain can deteriorate, which can lead to memory loss and dementia. Cardiorespiratory fitness is the measure of how much -- and how well -- oxygen is delivered to the muscles during exercise. Fitness level has also been associated with changes in the brain's nerve ...HUR USA is the #1 provider of commercial senior exercise and fitness equipment, offering strength training and wellness solutions for senior living, rehabilitation and inclusive wellness., Executive Function Cognitive Fitness Business.

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