

## Reaxing: A Gateway to Active Aging and Mindful Movement

As we age a few things happen, our brains ability to communicate with our body slows down. This effects many of our worst fears: The fear of falling, the fear of not having the strength and power to live our lives at a high level, with the ones we love.

Training on Reaxing improves and enhances our brain body communication, improves our balance and strength in movement. Reaxing allows us an opportunity to train at our highest level, improving energy, cognition and overall wellbeing.

**Reaxing is a dynamic system that stimulates both the body and the brain.**

The goal is not just to move; it's to move with purpose, stimulating neuro function and enhancing your ability to react.

Research consistently demonstrates the profound impact of physical activity on cognitive health. Reaxing doesn't just focus on muscles; it prioritizes the **brain-body connection.**

Engaging in activities that challenge both your body and brain, while enhancing neural pathways, fostering neuroplasticity and ultimately **promoting longevity.**

Reaxing equipment lets you take a proactive approach to active aging.



### BENEFITS OF REAXING FOR ACTIVE AGING:

- **COGNITIVE AGILITY:**  
Elevate your mental acuity through exercises designed to stimulate various areas of the brain.
- **JOINT MOBILITY:**  
Improve movement and reduce the risk of injury with tailored movements that prioritize joint health.
- **MENTAL RESILIENCE:**  
A fit brain is better equipped to handle stress, adapt to changes, and bounce back from challenging situations.
- **REDUCED COGNITIVE DECLINE:**  
Engaging in Brain Fitness activities has been linked to a reduced risk of age-related cognitive decline and neurodegenerative diseases.

**PROVIDED BY TOTAL BODY WORKS**  
5606 N Union Blvd. Colorado Springs, CO 80918

**CLASSES STARTING SOON**  
For more information please call Jeremy Strom:  
719-354-5040