



# TOTAL BRAIN HEALTH<sup>®</sup> FAIR STATION

  
10-15  
minutes

  
10-15  
people

## JUGGLING

### TBH Focus:

**Body** | *Move It*  
**Mind** | *Stretch Your Mind*

### The TBH Science:

Keeping a few balls in the air can change the brain for the healthier! Research shows that learning to perform activities that require different body parts to move in complicated ways—known as complex motor integration activities—can increase the size of the brain and boost everyday memory. In one study, German researchers found that when volunteers who had never juggled before worked on mastering a three-ball cascade—the simplest of juggling moves, in which three balls are kept going in a reverse figure-eight pattern—there was an increase in the grey matter in their brains. What’s more, the changes happened fast—within seven days! “Stretching” the brain by trying new things in general—staying intellectually engaged—has been found to ward off age-related brain problems. In one study, folks who reported high levels of intellectual engagement were 2.6 times less likely to develop dementia than were others.

### You Will Need:

- **An expert who can teach basic juggling skills**
- **An open area large enough for up to 15 people to move around in**
- **Scarves, balls, or other items for participants to juggle (depending on what expert wishes to use)**
- **OPTIONAL: If expert will be using music, a music source (iPod with speakers, CD player, etc.), and a table or other surface near an outlet**

### How It Works:

The expert will demonstrate a basic juggling skill, breaking it down so that participants can try to learn it.

### Variations:

Have the expert gauge the abilities of the group and make the juggling skill easier or more difficult accordingly.



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