



TOTAL BRAIN HEALTH® FAIR STATION



10-15
minutes



10 to 15
people

IT'S A TOSS UP!

TBH Focus:

BODY | *Move It*

The TBH Science:

Heads up! This simple game of catch-and-toss can boost brain health in a variety of ways. For starters, it requires physical skills that involve the brain, including hand-eye coordination and reaction time. And once participants get into the swing of the game and keep the ball moving continuously, it can be an aerobic activity, which research shows can have a huge impact on brain health. In one analysis of 18 different studies of the effects of exercise on the brain, it was found that regular aerobic activity improved several aspects of cognitive function, including memory, attention, and executive function (how the brain oversees tasks like planning, organizing, and problem solving). In another study, a daily dose of exercise decreased the risk of Alzheimer's disease in older people over a four-year time period. Aerobic exercise also helps to control chronic conditions such as obesity, diabetes, and hypertension that can increase the risk of brain-related problems.

You Will Need:

- **A volunteer or staff member to lead the activity**
- **An open space large enough for 10 to 15 people to form a circle**
- **Toss-able objects: soft balls, small beanbags, cowboy hats, or similar items**

How It Works:

The group forms a circle and the instructor starts by tossing the object being used to one of the participants, who immediately tosses it to another person. Participants continue to toss and catch for the duration of the Station.

Variations:

Up the Ante: Toss around more than one object at a time.

Make It Easier: Have the instructor call out participants' names before tossing to them so they can prepare to catch. Supply chairs for people who have trouble with balance.

