



MindFit™

BRAIN POWER FITNESS●

MindFit – the key to cognitive vitality

MindFit™ is a comprehensive cognitive training program for the active adult. MindFit assesses, trains and enhances your cognitive skills and safeguards your overall cognitive vitality. Cognitive training has been proven to improve cognitive function. You owe yourself the best possible way to keep your brain as healthy as your body. You owe yourself MindFit.

MindFit is a Workout Room for your Brain.

You keep your body in top shape - now you can do the same thing for your brain. The **MindFit** training program can help you improve and maintain your quality of life. You can stay totally healthy longer.

Everyone is unique - your MindFit training program is unique.

MindFit designs an individualized training program that matches your and only your exact cognitive level.

MindFit's patented technology is based on the latest research into brain function. It's easy to use, but challenges your mind. It exercises your gray matter-in the skills that really matter.

All you need is a PC- no computer experience is necessary.

Just 20 minutes a day- 3 times a week. That's all you need to **feel better, think better and react better.**

MindFit's three stage program:

Self-Assessment

Feedback - immediate analysis of your cognitive profile.

Receive an individualized training program that matches your (and only your) cognitive skills.

Train - 3 times a week, 20 minutes a day.

MindFit covers a wide range of abilities:

Reaction time, visual search, time estimation, naming, visual short term memory, auditory short term memory, location memory, hand-eye coordination, planning, spatial orientation, etc.



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What are people saying about MindFit...

Even people without any prior computer experience have found MindFit easy to use.

"The exercises are fun and interesting... The exercises give me a boost in my confidence." (Janet)

For total health and fitness, everyone needs not only an active body, but also an active mind. MindFit is just for you!

"Since I have the program, I have not stopped using it. It is very user friendly. I am sure that the brain needs training and sharpening and this program is wonderful for that." (John)

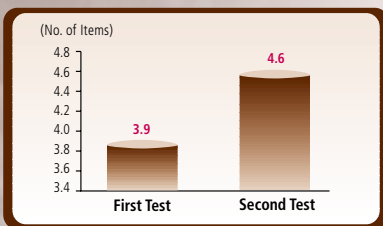
The MindFit training program is individualized to your cognitive skills. Where you need improvement- you get more exercise. Where you are strong, MindFit maintains those strengths.

"We bought your program and enjoy it very much. It is interesting, the explanations are very clear, the exercises are attractive and the feedback shows us exactly how we are progressing." (Jack and Nancy)

Sample of results from the training program.

After training with MindFit, people show an 18% improvement in remembering specific items.

Short-Term Memory



18% improvement

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When you use MindFit, you are helping to keep your mind healthy and your life better.

MindFit is produced by CogniFit Ltd. the world leader in cognitive assessment and training. Go to www.e-mindfitness.com to try out the MindFit training exercises.

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