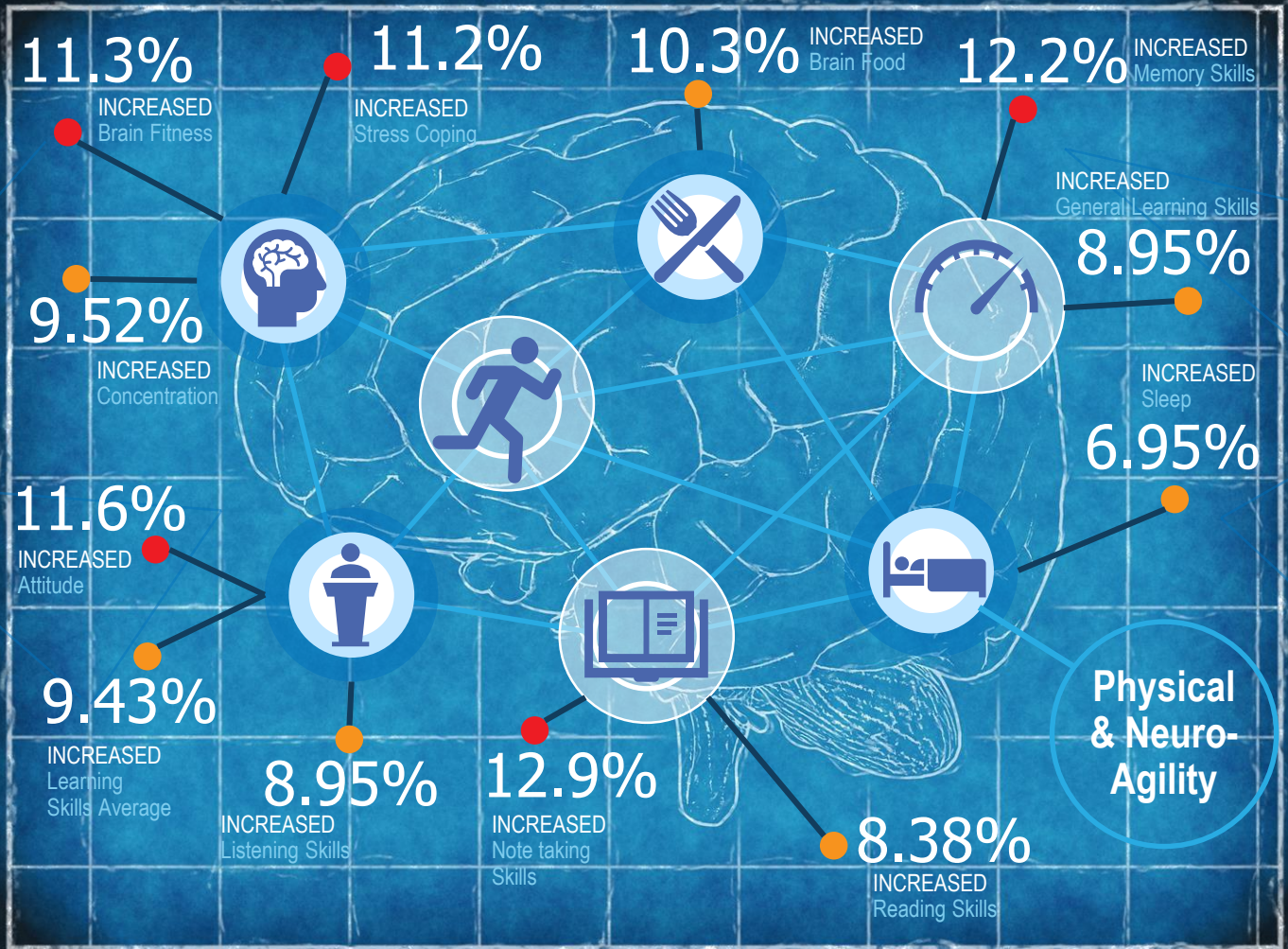


Balanced Body and Brain intervention training for students



Pre-test/Post-test

Pre-test

A group of 106 final year students went for brain performance assessments (BPA) at the beginning of the semester

Intervention

Students were required to log 50 hours of physical and neuro-agility training

Limitless You / Neuro-link Performance Circuit

Post-test

Students were reassessed on their brain performance following the training exercises at the end of the semester

Results

Following training, the intervention group showed improvements in all facets of the brain performance assessment as displayed above.

The training group (intervention) showed a significant increased exam pass rate of 98.2%.

98.2

Exam pass rate of students completing the intervention training