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## **A Place To Exercise Brain<sup>®</sup> On Prospect Road Offers Brain Gym<sup>®</sup>**

Your body needs exercise and so does your brain.

Exercising them together is possible in Brain Gym<sup>®</sup>, a program at Options Center, 4700 N. Prospect Road.

Brain Gym<sup>®</sup> is the terminology behind the theory - when all sides of the brain are functioning at full tilt we are relaxed, not stressed, when it comes to learning.

Paul Dennison, Ph.D., started this learning concept more than 20 years ago.

A dyslexic, Dennison was well aware of learning difficulties. He chose to work with disabled children and knew physical movement is important to learning.

"We learn by movement," said Helen Cox who started Options five years ago as an alternative health center.

"If we learn something kinesthetically, we remember - our muscles store the memory."

Rather than just a left-brain right-brain way of looking at learning, Dennison believes there is also a top and bottom as well as front and back to cerebral function.

The functions of the right and left, said Helen, are for communication, top and bottom for organization and front and back for comprehension.

The Brain Gym<sup>®</sup> offers exercises to get all those functions working and, what's more important, working together.

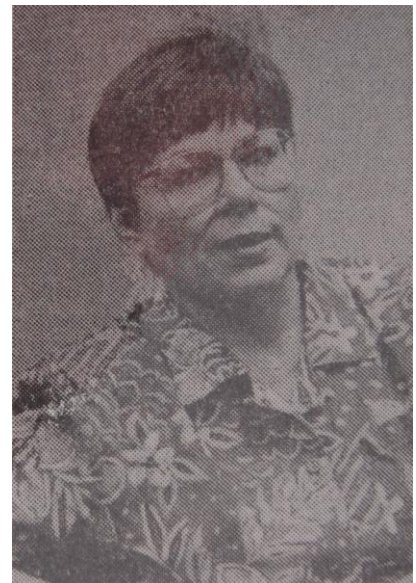
"We believe," said Helen, "experience plus emotion equals learning. If the emotion is negative, then everytime that something is remembered there may be stress, anxiety.

"If a child learns two plus two equals four and when he learned that he had to go to the bathroom, then everytime he recalls two plus two equals four, he recalls that emotion (anxiety) at the time of learning."

Learning, the Helen emphasizes, should be easy; it should be fun. "It doesn't need to be stressful."

Exercises in the Brain Gym<sup>®</sup> are designed to reduce the stress, get all parts of the brain functioning so the participant "can stay focused and prioritize" what is to be learned, said Helen.

Apparently people believe in the basics of the program. Since opening the center in half of a renovated two-car garage, Helen is in her fourth location which includes rooms devoted



*Helen Cox, Options Center  
for Health & Education  
Owner/Director*

to exercise, learning and offices.

The staff of a dozen is quadruple the original.

"The stress of school failure has been determined to be second only to the loss of a parent," she added.

The staff at Options wants to stop failures and is seeing results - good results, they say. "We are changing people's lives."