



MOPSI: The All in One Tool to Clear the Cobwebs out of Your Brain

MES, NMT, Nancy L Swayzee

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We've all had fuzzy moments. Some call them senior moments, but people of any age can relate to completely blanking on something for a second. You don't have to take these moments lying down. This exercise guide will help you keep your brain active and understand the connection between mind and body.

In her many years of experience as a rehabilitative therapist, Nancy Swayzee, MES, NMT, has developed techniques to encourage brain function.

Exercise, or as Swayzee calls it, "active movement," can encourage blood flow to the brain. MOPSI stands for this particular process: Movement—Oxygenation—Play—Stimulation—Interaction. These five components are vital for your health.

Swayzee designed the exercises for any age. Seniors may use them to keep active, while children can have a great time playing the games. Cognitive function can be encouraged and activated at any age.

Swayzee adds commentary to her various exercises and teaches readers the basic foundations of neuroscience and rehabilitative therapy. Swayzee explains the neurological basis and history of each exercise. Readers will finish the book with a better understanding of how their bodies function and how movement in one part of the body can affect other systems.

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