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As you know, your physical health & fitness are extremely important to your overall well-being. However, what about your mental health? More and more discoveries are being made that show regular mental health fitness training can provide you with extensive benefits, whether you suffer from a cognitive disorder or not. Cognitive disorders are often associated with Alzheimer's, dementia, and other diseases. However, they can strike anyone, at any time. One example of this is Attention Deficit Hyperactivity Disorder (ADHD) in children. Children who suffer from ADHD often see lower mental functions, primarily in tasks that require concentration. ADHD sufferers often have difficulty in keeping their attention focused, cannot follow instructions, or avoid these altogether. With a mental health & fitness regime in place, you can help those you know that have ADHD to improve on their mental attention skills. These mental health programs are designed to be fun, and offer tips and solutions to issues along the way, so it is easy to keep the interest of someone who suffers from an inability to focus.

However, there is more to cognitive brain fitness and mental health than just ADHD. Increasingly, there are more people that are elderly and their families that are suffering the consequences associated with Alzheimer's disease and dementia. These diseases alter people's memories, their thoughts and affect their behaviors. As the disease progresses, the sufferer will forget family members' names and even their own. This disease destroys tissue all over the brain, not just in one area. This causes shrinkage of the brain, and lack of proper synapse usage. With a cognitive mental health-training program, sufferers from dementia and Alzheimer's can potentially see an improvement in their brain function, through the creation of new nerve cells and synapses. This can help delay the progression rate of these diseases, although there are other variables that must be considered, such as other health & fitness issues.

What about cancer sufferers who have undergone or are going through chemotherapy? It is widely known that cancer patients have a high risk of developing cognitive impairments later in their lives than those who have not undergone chemo. This means that the cancer sufferer can also lose some of their cognitive abilities due to the side effects of the chemotherapy that is being used to treat their cancer. This is no longer an issue for many cancer patients, as it is being shown that cancer patients respond very well to mental health & fitness training. Regardless of disease or lack thereof, cognitive training can benefit everyone, no matter what your age. Mental health is just as important as your physical well-being, and your fitness regimen should include mental fitness workouts as well. With a fun and dynamic setting, you can see an improvement in your mental functions like memory, focus, and eye hand coordination. Don't wait until it's too late to start exercising your brain and keeping it in tip top shape, like you do each day with the rest of your body.

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