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IMPORTANCE OF BODY & BRAIN FUNCTIONING AT MAXIMUM POTENTIAL BUILDING DAILY MOVEMENT INTO YOUR LIFE

If a physician told you that there is an anti-aging prescription for pills that will give you lifelong comfort and ease, and that they will begin to take effect in 10 minutes...how excited would you be?

The 21 Simple Tools for Lifelong Comfort and Ease are part of the Ageless Grace movement program and do not require a prescription, have no adverse side effects, and they can make your body and mind feel better in just 10 minutes. This "PILL" stands for P-Play, I-Instead of, L-Living, L-Limited! Practicing 10 minutes daily truly can make a positive difference in the quality of function in your life as well as jump starting your metabolism. And in 21 days you can form a habit of taking this daily anti-aging prescription that will last a lifetime!

Underestimating importance of functional movement

Yes, finally, there is a realistic way to get us physically moving. It's clear that most people underestimate the value and importance of building daily functional movement into their lives. We don't want to acknowledge that our body incrementally loses movement skills that are vital to active aging - until we think it's too late. Surprisingly though, by learning to "practice" these skills, that include Balance, Breath, Cognitive Thinking, Spinal Flexibility, Joint Mobility, Cardio and Playfulness we can achieve much better physical and cognitive function for an entire lifetime. Performing these movements in a chair instills more confidence and stability, allowing all ages and abilities, as well as those with weight, joint, diabetes and other physical challenges to be included. Upbeat, age appropriate music adds to the fun!

Neuroplasticity

The idea is to move our body in ways we did when we were children and young adults. Ageless Grace works by re-opening the neural pathways that were created from the time you were born until early adulthood. Functional and cognitive skills were developed through games, sports and activities that are no longer "practiced" as adults. The movements/tools in Ageless Grace re-open those pathways and create new ones by practicing functional movements. It's really never too late in life to start. Positive results come surprisingly quickly, much like remembering how to ride a bicycle or play an instrument after many years. These aspects of movement practice combine as the process of neuroplasticity, (the ability of the brain and nervous system to change structurally and functionally).

How Ageless Grace was Developed

Ageless Grace was designed as a preventative maintenance and restorative program to allow us to remain functionally youthful throughout life. Denise Medved, founder of Ageless Grace, realized years ago that a program needed to be created that would be motivating, simple to perform, wouldn't have to go to the gym for, wouldn't get boring, would be fun and could be practiced by all ages and abilities. This unique interdisciplinary program combines research from the fields of medicine, neuroscience, physical therapy, martial arts and fitness. Secondary research and pilot programs were conducted over 7 years through a university graduate program in nursing gerontology and at a top 100 ranked U.S. Hospital.

Moving into the corporate world

Wellness is a hot topic in the corporate world. Due to economic times and technology, the work place has changed forever over the last decade. Employees do more work with less, and stress levels are

higher than ever. Staff can't find the time to take care of themselves. Management needs to retain their most efficient talent and is figuring out ways to implement integrative health practices into the work day. Ageless Grace is a wonderful way to lower stress, team build and enhance creativity. Plus, encourage comradery and the bonus of lowering insurance costs. Staff can either start the day with engaging movement or take a 15-30 min break mid-day to be re-energized!

Public Classes

If you want learn how to energize and engage your body and brain while boosting your confidence for a lifetime, come to Ageless Grace. There are classes throughout our region and the country. Known for her infectious enthusiasm, local resident, Carol Gerson, Certified Ageless Grace Educator/Trainer, can schedule a complimentary interactive demonstration before starting a class in your neighborhood, place of worship, community center, business, or senior living community.

Carol is starting new class series at Black Mt Center for The Arts, 225 W State St on Tuesdays @ 1:00pm January 21-March 25 and at Transylvania County Parks & Recreation, 1078 Ecusta Rd, Brevard on Wednesdays @ 9:15am, February 5 - March 26. A small class fee will be incurred. Carol continues to teach a complimentary Ageless Grace class through April at Silvermont Opportunity Center, 364 E Main St, Brevard on Wednesdays @ 1:00pm. To sign-up for a class or further information contact Carol at: agelessgracecarol@gmail.com or 828-606-9931; www.agelessgrace.com.

Let's start changing the model of aging in our country!

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