

## Feel like you need a tune-up?

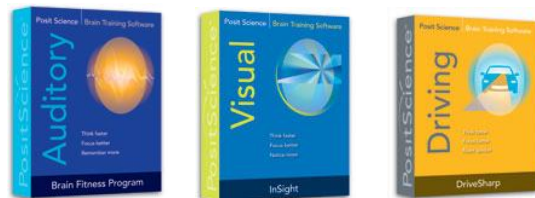
- **Increase your memory**
- **Improve your thinking speed ability**
- **Be more alert**

Thanks to enormous advances in modern medicine we are now living longer. However, to live a longer fulfilling life, a fit body needs a fit brain. So how do we match our *brainspan* to our *lifespan*?

Posit Science has researched the science of brain fitness to determine the best strategies for helping us stay sharp throughout our longer lives. They are the leading provider of clinically-validated, brain-training exercises for older people. More than fifty scientists from prestigious universities have contributed to the design and testing of these computer-based programs.

### Want a fitter brain?

For more detailed information about Brain Fitness programs, visit [www.adultbrainfitness.com.au](http://www.adultbrainfitness.com.au)



Posit Science programs are designed to help you think faster, focus better and remember more by increasing the speed at which you process information.

For more detailed information or to purchase any of these Brain Fitness programs, visit [www.adultbrainfitness.com.au](http://www.adultbrainfitness.com.au) and explore the Programs available.

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# Need a tune-up to think faster, focus better and remember more?

1. How well do you remember where things are (your keys, your car, etc):  
 I need to improve     I would like to improve     I do not need to improve
2. Do you remember your appointments and other everyday information:  
 I need to improve     I would like to improve     I do not need to improve
3. Do you drive safely and confidently:  
 I need to improve     I would like to improve     I do not need to improve
4. How successful are you at finding words on the tip of your tongue:  
 I need to improve     I would like to improve     I do not need to improve
5. Do you remember what you hear:  
 I need to improve     I would like to improve     I do not need to improve
6. Do you remember what you see:  
 I need to improve     I would like to improve     I do not need to improve
7. Are you good at keeping up with conversation:  
 I need to improve     I would like to improve     I do not need to improve
8. Do you hear sounds clearly and accurately:  
 I need to improve     I would like to improve     I do not need to improve
9. Do you react quickly in everyday situations:  
 I need to improve     I would like to improve     I do not need to improve

Posit Science Programs can help:  
[www.adultbrainfitness.com.au](http://www.adultbrainfitness.com.au)

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Learning or Reading difficulties?  
Fast ForWord is a better Brain Training program for you:  
[www.fastforword.com.au](http://www.fastforword.com.au)