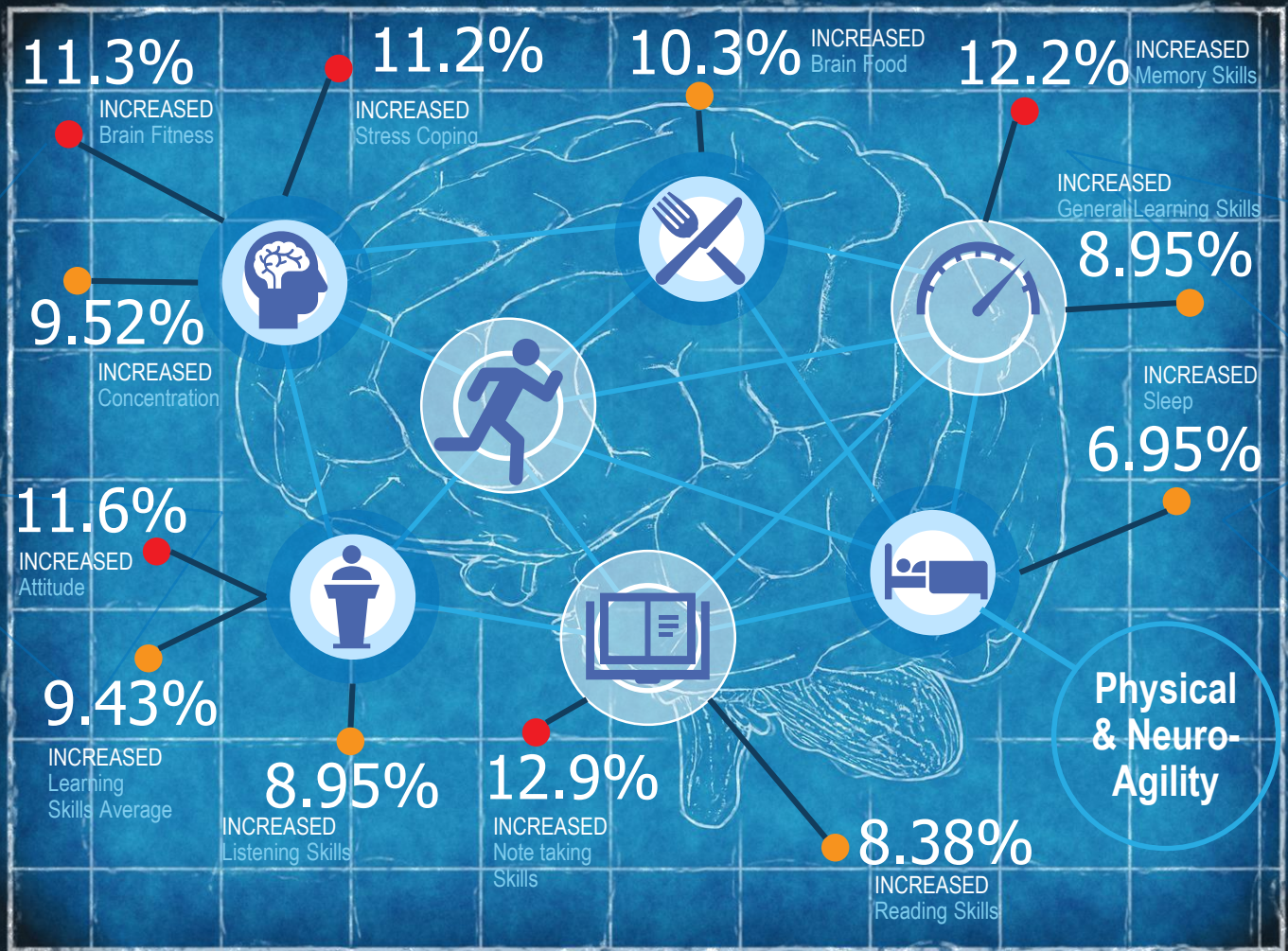


# Balanced Body and Brain intervention training for students



## Pre-test/Post-test

### Pre-test

A group of **106 final year students** went for brain performance assessments (BPA) at the beginning of the semester

### Intervention

Students were required to log **50 hours** of physical and neuro-agility training

Limitless You / Neuro-link Performance Circuit

### Post-test

Students were **reassessed** on their brain performance following the training exercises at the end of the semester

## Results

Following training, the intervention group showed improvements in **all facets** of the brain performance assessment as displayed above.

The training group (intervention) showed a significant increased exam pass rate of **98.2%**.

**98.2**

Exam pass rate of students completing the intervention training