

6<sup>th</sup> World Conference on  
**NEUROLOGY AND NEUROSURGERY**  
&  
2<sup>nd</sup> World Congress on  
**OBSTETRICS AND GYNECOLOGY**

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### **Work & move, the brain in the spotlight**

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**T**he author worked for 6 years in the British Premier League as a clinical neuropsychologist and applied scientific knowledge of brain and cognition to advance team performance and individual wellbeing. According to his methodology there is an important pathway through which health can be improved on the short- as well the long run. First you have to detect the (hidden) talents in people and connect those factors to an active appropriate environment. Like physical exercise is beneficial for health below the neck, the workplace can be beneficial for health above the neck. Brain development and intellectual / cognitive growth is as important as physical health to improve health span, the portion of the life span spent in relatively good health. The workplace is an important factor in brain health and has to be all about cognitive movement. It should fit the needs for

each one's talent in which creativity can interact with an active suitable working environment to prevent stress and depression, the number one disease in Western Europe and the USA. Alternating posture and focus shows improved results in concentration, problem solving capabilities, energy levels and condition of body and mind in general. The second step is to face the challenges in the area of behaviour change. In this lecture we look into the aspects of coaching our brain and body in such a way that lasting behavioural change can be achieved which will improve long lasting positive effects on health. The ultimate challenge is to add three years to a person's life by creating a perfect fit of his talents in an active, suitable working condition.

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