

The Be Fit Brain Gym

The word “gym” conjures up treadmills, weights, and aerobics classes. However, the new Be Fit Brain Gym, an extension of the Post-Acute Care Center at Charles E. Smith Life Communities, is, as its name implies, the opposite: it is a *cognitive gym*, designed to provide innovative memory programs for individuals who could benefit from specialized cognitive retraining and rehabilitation therapy. This gym is quiet.

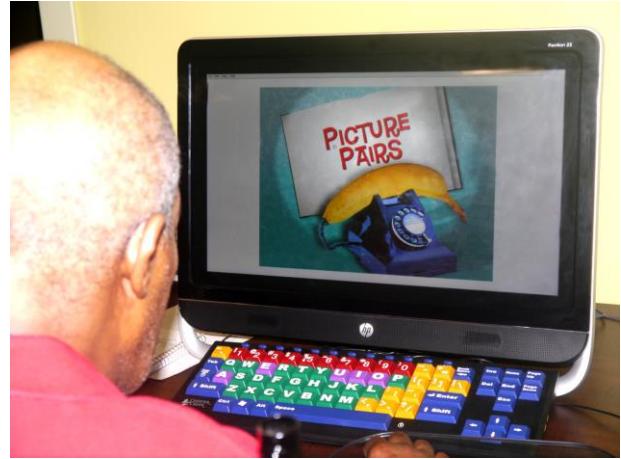
With modern sound-absorbing strategies for the walls and insulation, a calming décor, modified lighting, and gently shaded windows, the gym’s soothing environment minimizes distractions to allow users to focus unhindered on memory improvement programs that have been customized to address their clinically-determined cognitive needs. Such needs may include problem-solving and reasoning skills, comprehension, organization and planning, time and money management, language and communication, functional mobility and safety, and independent living skills.

Our clinicians implement attention and memory exercise regimens and compensatory strategies that increase an individual’s capacity for memory recall and the ability to retain new information.

Who Can Benefit from Cognitive and Memory Management?

- Individuals having difficulty with cognitive demands related to money and medication management.
- Individuals at risk for social isolation due to communication and cognitive difficulties.
- Individuals who are at risk for falls.

- Individuals who demonstrate behaviors such as wandering and memory loss that affect their safety and quality of life.
- Individuals whose cognitive deficits affect their ability to sustain proper nutrition and hydration.



To learn more about the Be Fit Brain Gym and its innovative services, contact Ann Matesi at 301.770.8451.