

**Saint Luke's Brain and Stroke Institute**  
**Brain Fitness Center**  
**Frequently Asked Questions**

**1). Who should come to the Brain Fitness Center?**

Brain Fitness Center classes are designed for:

- 1). people who aren't experiencing problems but want to stay sharp and mentally fit.
- 2). people who may be experiencing problems with their memory;
- 3). people who have been diagnosed with memory or cognitive difficulties due to dementia, brain injury or stroke.

**2). What does a Brain Fitness Gym class look like?**

The Brain Fitness Gym looks like a modern college classroom with computer workstations and other classroom media. Gym classes are approximately two hours in length, three to four days per week.

**3). Will I be training alone or in a group?**

Brain Fitness Gym activities are conducted in a group setting. Brain Fitness Center services for those with stroke or other brain injury may be seen in a small group or individual sessions.

**4). Do I have to have a physician's order for the Brain Fitness Center?**

Your physician can refer you to the Brain Fitness Center, or medical clearance can be obtained at the time of registration.

**5). I am a physician and want to refer a patient to the Brain Fitness Center. What do I do?**

[Click on this link to access a medical referral form.](#)

**6). Will the Brain Fitness Center wear me out?**

The Brain Fitness Center has activities specifically planned to optimize mental stimulation in an entertaining format with frequent breaks during each day's session, designed to leave members stimulated and refreshed.

**7). Is there 'homework' involved at the Brain Fitness Center?**

One of the objectives of the Brain Fitness Center is to establish a brain healthy lifestyle for each participant. This may involve carryover activities involving more healthy movement, healthier eating, stress management and mental stimulation to ensure lasting benefits of Brain Fitness Center programs.

**8). My family member has Alzheimer's Disease. Can the Brain Fitness Center help?**

The Brain Fitness Center does not presume to provide a cure for Alzheimer's disease. Specialists at the Brain Fitness Center can evaluate and design the best individualized functional maintenance plan for persons affected by Alzheimer's, with periodic re-evaluation and plan adjustment to maximize and maintain that person's abilities.

**9). If I don't like it, can I drop out?**

Brain Fitness Gym fees are assessed weekly; anyone can drop out at any time.

**10). How long is the program?**

The Brain Fitness Gym classes are 2 hours per day, three to four days a week for 8-10 weeks. There is the possibility of flexibility in the schedule.

**11). Will I be required to go on a diet?**

Brain Fitness Gym members will be provided a nutrition assessment by a registered dietitian. This will be followed by suggestions for healthy ways to eat so you can improve your ability to choose healthy, delicious meal choices to improve brain health.

**12). Will I be required to exercise?**

Brain Fitness Gym members will undergo a fitness assessment by a registered physical therapist. The physical therapist will design a fitness plan tailored to your specific needs, living situation, and interests. This may involve aerobics, swimming, tai chi, a walking program, or other choices you and the physical therapist make jointly when designing a fitness plan that is practical and enjoyable for you.

**13). How much does it cost?**

The intent is to make the Brain Fitness Center Gym comparable to classes at other fitness/gym facilities; the fee is currently \$20 for a 2- hour session.

**14). Will insurance cover Brain Fitness Center fees?**

Like most fitness centers, the Brain Fitness Center Gym is typically not covered by third party reimbursement programs like health insurance. Persons coming to the Brain Fitness Center with neurological injuries like stroke or brain injury may receive insurance coverage for services depending on their individual insurance policies. Medicare may be billed for the nutritional consultation if appropriate.

**15). My family member has had a stroke. Can the Brain Fitness Center help?**

The Specialists at the Brain Fitness Center have advanced training in evaluating and treating persons whose communication and cognition have been affected by stroke or other brain injury. If your family member can be taught to use a keyboard and mouse, Brain Fitness Center programming can effectively promote restoration of mental functions limited by these conditions.

**16). I want to read more about the research behind the Brain Fitness Center.**  
[Click here for Brain Fitness Center bibliography.](#)

**17). I want to learn more about the Brain Fitness Center.**  
E-mail us at [BrainFitness@saint-lukes.org](mailto:BrainFitness@saint-lukes.org) or call NurseLine at 816.932.6220