



## **Sharpen Your Driving Skills with Golden DriveFit Brain Fitness Programs Online**

Driving is one of the most complex activities that you do in your everyday life. The fact is, the brain was never meant to make decisions at 40 mph. It requires a combination of mental skills, all performed at the same time in response to constantly changing situations on the road. But sometime after you reach the age of 30, those skills—also known as cognitive abilities—gradually begin to decline. So if you want to maintain your safe driving skills, it's important that you find a reliable and effective way to slow down and reverse that natural cognitive decline.

It has been scientifically proven that a program of regular brain training on a computer can improve and sharpen your cognitive abilities. One program that's scientifically designed to help you stay alert, stay sharp and stay in the driver's seat longer is CogniFit's Golden DriveFit brain fitness program. It's the only brain fitness program that provides you with a 45-minute baseline assessment of your cognitive health before you begin your training. The assessment is a series of carefully formulated tasks that measure how well you perform the thinking skills that are required for safe driving.

Because the assessment is completed before you actually start training, Golden DriveFit is able to use that information to immediately identify and focus on the areas you need to work on in order to remain a safe driver. No two people do the same program; your training is designed just for you. And while you train, the program continually adapts itself to your progress, providing more challenging tasks as your driving skills improve.

Another advantage of Golden DriveFit is that it's the only brain fitness program for drivers that has been scientifically validated by independent test studies. It is powered by the same award-winning technology that earned Britain's prestigious Prince Michael Award for Road Safety and the 2007 ASA/BFA Business and Aging Award. And its patented training methodologies are supported by 30 years of neuro-scientific research, numerous studies, and a database of over 112,000 users.

Just three 20-minute sessions a week, for 8 weeks, has been shown to produce significant improvement in your driving-related cognitive skills. In a recent study, over 99% of people who completed just one Golden DriveFit brain training cycle experienced measurable improvement in at least one cognitive ability. And 100% of those who went on to complete 3 cycles saw improvement in at least two of their cognitive abilities. In fact, if you don't see any cognitive improvement after a cycle of training, the company will refund your money.

You don't need prior computer experience to begin because Golden DriveFit online brain fitness training is user friendly, with complete and easy-to-understand interactive instructions. All you really need is a PC computer with an Internet connection. And although Golden DriveFit was developed for drivers, it also benefits pedestrians, bicyclists or anyone who wants to remain safe while on the road.

No matter how experienced a driver you are and whatever your age may be, it's never too early or too late to begin sharpening your driving skills. Golden DriveFit brain fitness programs are a great way to get started on the road to driving safety.