



10 NEUROLOGICAL CONTRIBUTORS TO PERFORMANCE

Neurologic function is a critical aspect of performance in everyone, even non-athletes. The following neurologic functions can be tested and trained for improvement on the playing field, at school, in the workplace, and beyond:

Vision

Speed of Mental Processing

Balance

Reaction Time

Proprioception

Accuracy

Neuromuscular Tone & Tensegrity

Autonomic Quieting

Focus & Concentration

Sleep

A focus on enhancing these skills translates to healthier functional aging and productive performance across the lifespan.

