



A Bike to Buff Your Bod -- and Brain

NeuroActive "brain bike" works out mind and body simultaneously

By [KRISTIN NEHLS](#)

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Students at Madison Junior High School in Naperville test out the "brain bike."

Toning your bod for the beach this summer? Try simultaneously toning your mind.

Thanks to the [NeuroActive Bike](#) -- aka the "brain bike" -- working out your brain can be as easy as jumping on an exercise machine.

The brain bike, released yesterday by Brain Center America, offers 22 brain-stimulating exercises that help improve memory, concentration and energy via software programs reminiscent of video games.

Can't fuss with consoles while working out? Prepare yourself for this one, computer geeks: the brain bike is powered by a wireless mouse activated from pedaling.

[Dr. Stephane Bergeron](#), president and CEO of Brain Center America, said the Brain Bike helps to re-grow and re-wire brain cells.

"There's a fun factor. You've experienced hopping on every common bike and trying to pedal for 15 or 30 minutes. Sometimes people get bored and try to have new activities," Bergeron said. "This is certainly very engaging and time flies by while you're on the bike."

Bonus! It's fun for the whole family. Even grandma and grandpa.

The bike has been ordered by fitness centers, schools and, brace yourselves, retirement homes.

That's because it's basically botox for the brain, keeping your mind youthful and strong. Brain Center America even claims it can help prevent Alzheimer's.

Students at Madison Junior High School in [Naperville](#) were the premiere testers of the brain bike this morning.

"It was amazing and stimulated team building" Bergeron said. "There was one kid on the bike and four or five kids standing around saying, 'oh! I'd answer like this!' They said it was just like a video game."

So I know, I know, right about now we're all way more concerned with looking hot in a bikini rather than hot in the classroom.

Lucky for you, the brain bike will make you look hot in both.

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