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Introducing Dakim BrainFitness Software

The only clinically tested brain fitness software created for people over 60.



Getting the most out of life depends on keeping your mind sharp. And when it comes to maintaining brain health, it's a matter of Use It or Lose It.™ In fact, medical research

has concluded participating in rigorous cognitive exercise can improve brain function and is associated with a 63% reduced risk of dementia!¹

Now you can keep your mind sharp with award-winning **Dakim BrainFitness Software for both PC and Mac**. It's designed specifically **for Boomers and Seniors** to cross-train the brain in six cognitive domains² and **strengthen attention, focus and concentration**.

Dakim's challenging brain games—based on standardized neurological exercises and tests are like no others. Created for adults, **they are engaging, sophisticated, richly produced and filled with videos, music, exciting graphics and humor that make every session fun... for adults!** No cartoons, child-like themes or robotic voices!

Dakim BrainFitness **self-adjusts across five levels of challenge in real time to optimize every brain fitness workout** for active individuals with the highest brain function as well as for those with mild cognitive impairment.

But Dakim BrainFitness is more than fun—it's been **shown in a clinical trial to improve memory!**

Dakim installs a prodigious 6 GB content library and because Dakim frequently downloads and installs new brain games automatically via the Internet, players stay motivated.

Best of all, Dakim BrainFitness costs **only \$249.95** for a dedicated and customized brain fitness workout—including one year of new content updates.

Now Seniors and Boomers at home, on their own computers, can join the thousands of people who have made Dakim BrainFitness their choice for rigorous and enjoyable cognitive stimulation.



¹ Verghese J., Lipton R.B., Katz M., et al. Leisure Activities and the Risk of Dementia in the Elderly, N Engl J Med 2003; 348:2508-2516, Jun 19, 2003

² Long-term memory, short-term memory, language, computation, visuospatial orientation and critical thinking