CASE STUDY: INVESTIGATION INTO THE IMPACT OF THE LIMITLESS YOU PEAK PERFORMANCE PROGRAM ON OVERALL WELLBEING

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Introduction

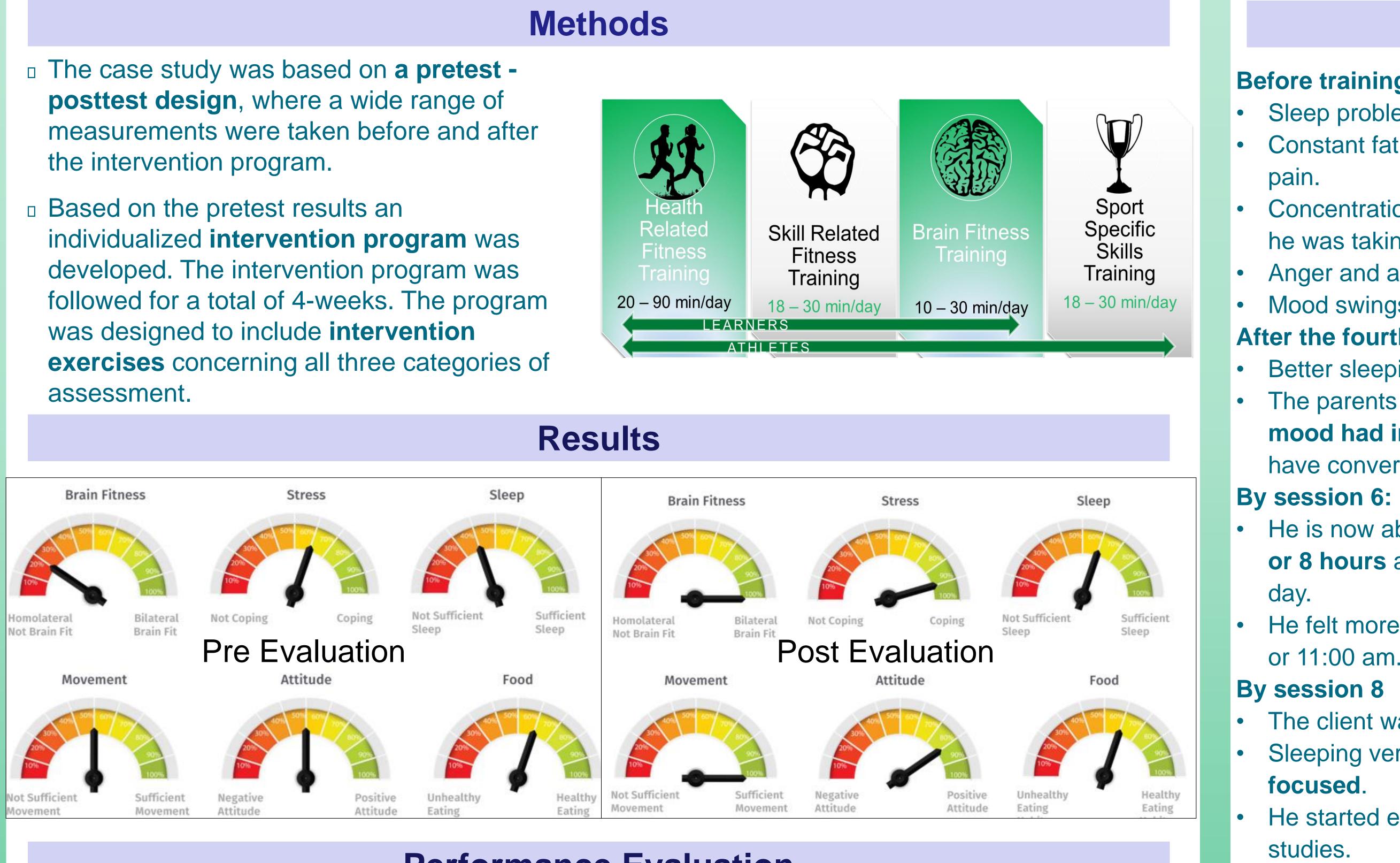
The Limitless You Peak Performance Program (LYPPP) has been meticulously compiled to serve as a multifaceted intervention program. The three core objectives of this holistic program are to **improve cognitive ability**; reduce stress beliefs; and enhance performance. This tripod of outcomes supports augmented brain-body balance and ultimately pledges improved overall wellbeing.

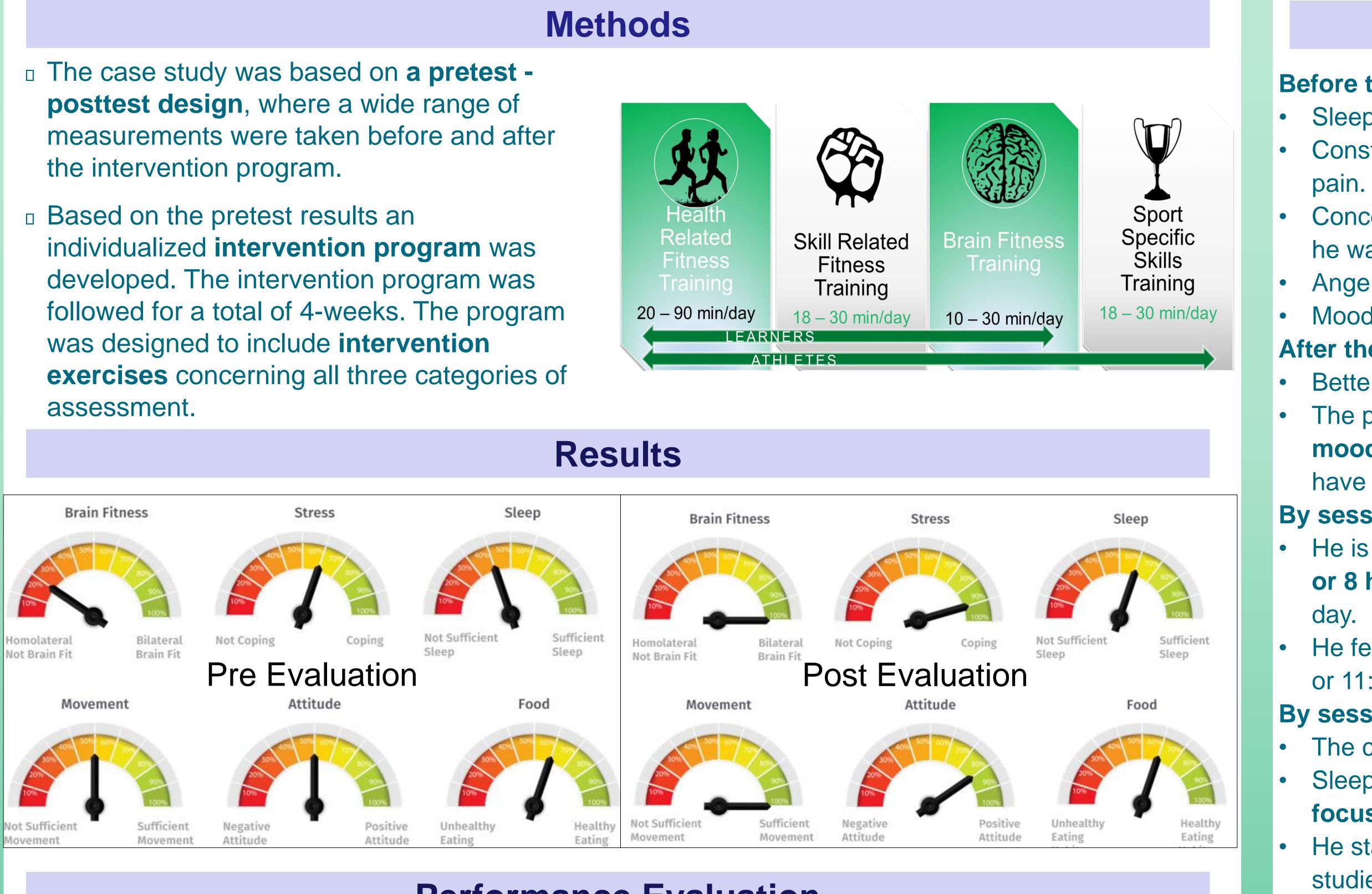
Case Study

A male participant, 27 years of age. At the time of the study the participant was unemployed and his highest level of education was a National Senior Certificate (matric). The participant was brought to the Limitless You **Academy** by his father who expressed concerns about his son's general state of wellbeing. The father saw the need for an intervention in his son's life due to various issues, namely: lack of self-esteem and selfworth; bad habits; inability to cope with current life situation; lack of motivation and drive; difficulty sleeping; anger and aggression problems; anxiety attacks; depression; withdrawal from previously loved hobbies/interests; reduced physical activity/ sedentary lifestyle; and poor general lifestyle choices.

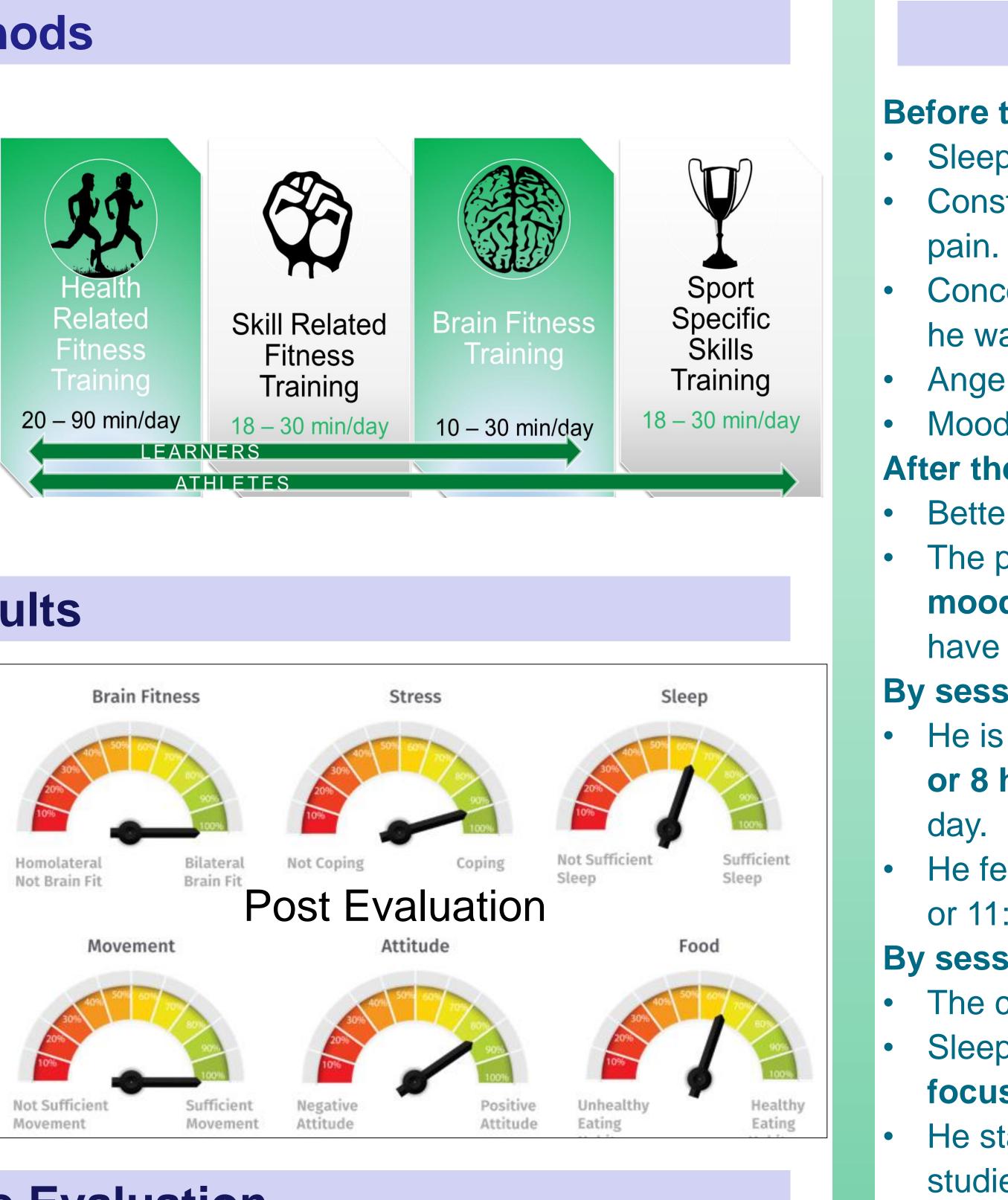


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²Neurofeedback, ³Neurolink, ⁴Neuro Business Institute



Performance Evaluation

Toot	Dro	Deet	Test	Pre	Post
Test	Pre	Post	Focussing (Letters/min)	31	83
Blood Glucose (mmol/L)	5.5	4.8	Tracking (Letters/min)	64	99
Total Cholesterol (mmol/L)	4.56	3.64	Visualisation (sec)	14.81	8.41
Total Body Fat (%)	19.3	18.9	Ice-Cube Catch (sec)	45.5	9.27
Skeletal Muscle Mass (kg)	31	33.1	Hand-ball-Toss (#)	23	30
Cardio Stress Index (%)	54	30	Vergence (cm)	5	0
Systolic BP (mmHg)	126	130	Sequencing (Level)	3	5
		80	Balance Left Leg (sec)	2.27	5.31
Diastolic BP (mmHg)	88		Balance Right Leg (sec)	4.84	3.81

Discussion

- **Before training the client reported**:
- Sleep problems.
- Constant fatigue, ringing in the ears and stomach
 - Concentration problems and distractibility for which he was taking Conserta.
- Anger and aggression problems
- Mood swings, anxiety and depression
- After the fourth neurofeedback session Better sleeping.
- The parents of the client also reported that his mood had improved and that they were able to have conversations with him again.

- He is now able to go to bed earlier and sleep for 7 or 8 hours and get up refreshed and ready for the
- He felt more efficient instead of sleeping until 10:00 or 11:00 am.

- The client was not using his Conserta anymore Sleeping very well, feeling motivated and more
- He started exploring the idea of continuing his

By the end of the 15 sessions

- All sleep issues initially reported had resolved. He was feeling more relaxed and focused. He wasn't experiencing depression and anxiety
- anymore and there was large improvement with regards to aggressive behavior
- His concentration and focus was better without medication.
- His brain fitness increased from **41% to 80%**

Conclusion

The holistic approach of the LYPPP leads to augmented brain-body balance and an enhanced state of overall wellbeing.