

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 self-worth; 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.

Methods

- The case study was based on a **pretest - posttest design**, where a wide range of measurements were taken before and after the intervention program.
- Based on the pretest results an individualized **intervention program** was developed. The intervention program was followed for a total of 4-weeks. The program was designed to include **intervention exercises** concerning all three categories of assessment.



Results



Performance Evaluation

Test	Pre	Post
Blood Glucose (mmol/L)	5.5	4.8
Total Cholesterol (mmol/L)	4.56	3.64
Total Body Fat (%)	19.3	18.9
Skeletal Muscle Mass (kg)	31	33.1
Cardio Stress Index (%)	54	30
Systolic BP (mmHg)	126	130
Diastolic BP (mmHg)	88	80

Test	Pre	Post
Focussing (Letters/min)	31	83
Tracking (Letters/min)	64	99
Visualisation (sec)	14.81	8.41
Ice-Cube Catch (sec)	45.5	9.27
Hand-ball-Toss (#)	23	30
Vergence (cm)	5	0
Sequencing (Level)	3	5
Balance Left Leg (sec)	2.27	5.31
Balance Right Leg (sec)	4.84	3.81

Discussion

Before training the client reported:

- Sleep problems.
- Constant fatigue, ringing in the ears and stomach pain.
- Concentration problems and distractibility for which he was taking Concerta.
- 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.

By session 6:

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

By session 8

- The client was not using his Concerta anymore
- Sleeping very well, feeling **motivated** and **more focused**.
- He started exploring the idea of continuing his studies.

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.