



# **PISTA SPORTS ACADEMY**

## **TABLE TENNIS**

**FIT FOR PERFORMANCE.  
FIT FOR LIFE**





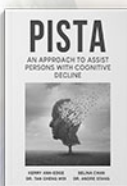
# PISTA PING PONG

FOR PLAYERS WITH ALZHEIMER'S  
OR PARKINSON'S DISEASE

## The Science Behind PISTA

All programs use a method that is designed from **45 years** of research by psychologists, scientists and specialists in sports. Sound and Vibration are applied in training the players to enhance memory.

PISTA employed Oster's research about **binaural beats** into the PISTA device to generate two tones, which the brain combines and alters into a single tone in the auditory process. And that resulted to **PISTA Sound Technology** which results to brain entrainment to eliminate unwanted and destructive thoughts. **Neuroplasticity** is also improved which is the brain's ability to modify, change and adapt to functions of daily life.



SCAN TO READ



## TRAIN FOR OPTIMUM PHYSICAL & MENTAL BALANCE

### OVERALL RESULTS

- Achieved optimum physical & mental balance.
- Train big & small muscle groups.
- Improved concentration & endurance
- Quickly formulate solutions & handle difficulties.
- Take control of your body & mind
- Master the use of mental strength.
- Manage anxiety and daily stress.

### LONG-TERM RESULTS

- Visual Contrast Sensitivity
- Slow the progression of the disease
- Improve the eye and brain connection
- Reduce the behavior problem visual perception due to the disease
- Decrease nervousness in mastering task
- Improve ability to detect movement
- Increase sensitivity to depth perception
- Improve lack of depth perception