

The Planners Cornerstones

Study Shows Tai Chi and Dance Benefit the Brain in Older Adults

"We found out that mind-body exercises, especially tai chi and dance, are beneficial for improving global cognition, cognitive flexibility, working memory, verbal fluency, and learning in cognitively intact or impaired older adults," says Chunzhi Tang, a researcher at the University of Chinese Medicine in Guangzhou. "Moderate intensity is recommended as the optimal dose for older adults." Moderate intensity was defined as 60 to 120 minutes of mind-body exercise per week.

The mind-body exercises also improved cognitive flexibility, which is one of the brain's executive functions, and defined as the capacity to think about multiple concepts at the same time. A subcategory of cognitive flexibility is task shifting, which is when a person can unconsciously move their attention from one task to another. Researchers noted that "Good executive function can help older adults make appropriate decisions, focus on important details, store information in working memory, and shift tasks."

For additional information on the health benefits of Tai Chi and Dance, visit our Facebook page or visit our website
www.petersonwealthadvisors.com.

A Note from Eric's Office:

Investor360

Now that many of you are using Investor360 and chose to receive all documents (excluding tax documents) electronically, you will notice the service (confirmation) fees will be waived. If you do not have an investor360 login ID and would like to start receiving your documents electronically, give the office a call and we can set you up over the phone.

Springfield Business Journal

We are happy to announce that Eric K Peterson has been nominated for the prestigious "Legacy Advisor" award through the Springfield Business Journal. He will be attending the banquet on September 13th for the announcement of the winner.

Office Closings & Travel

July 4th & 5th the office will be closed in observance of Independence Day.

July 8th – 10th Eric and Vicki will be doing his whirlwind Joplin/KC client tour. Unfortunately we will not be able to visit all our out of town clients but we have 12 client appointments in 3 days – hang on!

July 27th – August 17 Eric and Vicki will be on vacation (at our "Branch office" in Canada).



Eric K Peterson,
CFP® Practitioner



Vicki Portincaso
Exec. Asst.



Brooke Portincaso
Receptionist



Isaac Boll
Paraplanner

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