

Swopping makes you clever.

Children in school do it autonomically: "fidget"! This behaviour is still frowned on today although it is extremely important for the development of body and mind. It is a rhythmical body activity to compensate sitting still and which encourages learning. Adults can benefit from it as well: active-dynamic sitting as enabled and required by the "swopper" not only strengthens your back, but also enhances your wellbeing and ability to learn.

Today, there is sufficient scientific evidence that movement and the closely linked sensory system of the body (proprioception) generally improves the metabolism and in particular gives the brain a higher level of adaptation and processing.

Especially when our sense of balance is challenged, this results in improvement in the supply of blood to the brain and enhanced metabolism. This stimulation factor for cerebral plasticity (ideal conditions for the brain to adapt and process) provides not only greater cerebral alertness (attentiveness / concentration), but also a greater ability to learn.

Swopping and the closely linked vestibular-kinaesthetic stimulation positively influence the cerebral metabolism and thus not only learning, but also age-related involution phenomena.

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Vorstandsmitglied Forum Gesunder Rücken - besser leben e.V.