

[Cross Crawl: Increase your Mind Power](https://kinesiologyzone.com/cross-crawl-increase-mind-power/)

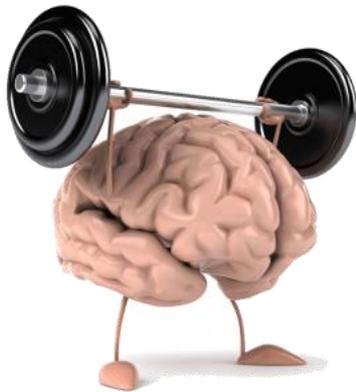
<https://kinesiologyzone.com/cross-crawl-increase-mind-power/>

Cross Crawl: Increase your Mind Power

Cross Crawl is one of the first techniques learnt on a Kinesiology course, and it is so very powerful.

Did you know.. that the cross-crawl technique is one of the easiest ways to **activate your brain development and nervous system**. It gives the proper motor and sensory stimuli it needs to take control of your bodily functions thereby preventing or rehabilitating health problems. Often known as "supercise" it's simple and easy to do.

It is essentially an exaggerated walk which facilitates the crossover of energy between the left and right hemispheres of the brain. The brain is bathed in Cerebro-Spinal Fluid or C.S.F for short. Stimulating the flow of the vital C.S.F yields great benefits. A list of some of the real advantages of using this exercise can be seen below.



Use it regularly to both discharge and recharge your attention and energy. It's a great break from over focusing and it works just as well to bring body and mind online.

You can reprogram your nervous system and strengthen the connection between the right and left sides of your brain using cross-crawl exercises. Remember, **nerves are very much alive and willing to learn new things**.

Kinesiology Zone

Benefits of Cross-Crawl

- Balanced Emotions
- Body Awareness
- Blood pressure
- Circulation
- Clearer Thinking
- Co-ordination
- Digestion
- Dyslexia
- Fitness
- Flexibility
- Improve I.Q
- Increases strength
- Learning ability
- L/R Brain Balance
- Better Lymph flow
- Memory
- Helps Slow learners
- Stress Reduction
- Vision Sharpness
- Improves Well-Being



@siobhanguthrie | KinesiologyZone.com

How Do You Cross Crawl?

When you watch someone do their first Cross Crawl the first thing you will notice is the person will begin to smile!

Stand with your feet apart and your arms open parallel to the ground. Shift your weight to your right foot, lift your left knee and touch it with your right hand. Step back to both feet and immediately shift weight to on your left foot as you lift your right knee and touch it with your left hand. Repeat this several times in a comfortable, upbeat, rhythmic way. Breathe fully and enjoy.

The Cross Crawl movements should be performed very slowly. When the exercise is done slowly, it requires more fine motor involvement and balance, consciously activating the vestibular system and the frontal lobes.



See video on how to do cross crawl – link in video section