

**MobiGym**



# **Cognitive Assessment & Brain Training**

A longevity-focused approach to brain health,  
mental performance, and cognitive resilience.

Powered by Enhance VR, integrated into the  
MobiGym Measure - Intervene - Re-measure framework.

**Longevity Fitness Studio - Luxembourg**

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# Why Brain Health Matters for Longevity

Longevity is not only about living longer. It is about preserving the physical and cognitive capacity to enjoy life, perform well, and remain independent for as long as possible.

At MobiGym, we already measure and train key physical pillars such as strength, body composition, cardiovascular fitness, and recovery. Cognitive health is the next essential pillar.

## Key cognitive abilities that matter as we age

- **Attention** - staying focused and filtering distractions.
- **Working memory** - holding and using information in real time.
- **Processing speed** - how quickly the brain perceives and responds.
- **Executive function** - planning, inhibition, decision-making, and task management.
- **Cognitive flexibility** - adapting when rules, priorities, or environments change.

**The objective is not to turn brain health into a game. The objective is to measure, train, and track cognitive performance as part of a complete healthspan strategy.**

Research in cognitive training and digital cognitive interventions suggests that targeted, repeated cognitive stimulation can support specific cognitive skills such as attention, memory, processing speed, and executive function. The most useful approach is structured, measurable, and personalized.

# Introducing Enhance VR

Enhance VR is a virtual reality-based cognitive training and assessment platform developed by Virtuleap. It uses short, immersive tasks designed to challenge different cognitive domains and provide measurable performance feedback.

Learn more about Enhance VR and Virtuleap at: <https://virtuleap.com/>

## What makes it different

- **Benchmark-first structure** - each game establishes an individual baseline before shorter training sessions are used.
- **Multiple cognitive domains** - attention, memory, processing speed, spatial orientation, problem-solving, flexibility, and motor control.
- **Performance tracking** - scores and trends can be reviewed over time.
- **Short and efficient** - designed to fit into practical 25-minute training sessions after the baseline phase.

## Scientific authority

Enhance VR has been described in peer-reviewed literature, including a 2022 paper in *Frontiers in Digital Health* mapping its training games to cognitive categories and neuropsychological task foundations. Virtuleap also provides operational guidance on training games and scoring through its Hub resources.

**This allows MobiGym to use Enhance VR as a structured cognitive training layer, not as a random VR entertainment experience.**

# How MobiGym Introduces It

MobiGym integrates Enhance VR using the same logic we use in our longevity programs:

## Measure - Intervene - Re-measure

### Step 1 - Cognitive Benchmark

The first time a client performs each game, the full benchmark duration is used. This establishes a personal baseline and makes future tracking meaningful.

### Step 2 - Personalized Training Blocks

After the benchmark phase, training sessions use shorter 25-minute blocks. These are rotated to target different cognitive domains without creating unnecessary mental fatigue.

### Step 3 - Progress Review

Progress is reviewed over time, and the plan can be adapted depending on goals, baseline results, professional demands, and the client's physical training schedule.

## Typical structure

Phase	What happens	Purpose
Benchmark onboarding	4 short sessions of approximately 25 minutes	Complete all cognitive games once at full benchmark duration.
Training rotation	25-minute cognitive training blocks	Train and reinforce cognitive domains in a structured way.
Review	Progress discussion and plan adjustment	Personalize the next step based on goals and response.

# Beta Launch Offer

## Cognitive Assessment + 4-Week Brain Training Program

This beta program is designed for clients who want to experience the full MobiGym cognitive protocol: baseline assessment, structured training, and progress interpretation.

Included	Details
Benchmark onboarding	4 short benchmark sessions to establish your cognitive baseline across the Enhance VR game library.
Training phase	4 additional 25-minute training sessions using structured cognitive training blocks.
Progress review	A final interpretation and next-step recommendation from the MobiGym team.
Personalization	Plan adjusted according to your goals, cognitive baseline, and longevity strategy.

**Beta investment: EUR 297**

**Future standard price: EUR 397**

For pricing, availability, and the best starting point for your profile, please contact MobiGym. We build customized and personalized plans tailored to the individual.

## Contact

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# Frequently Asked Questions

## Is this a medical test or treatment?

No. This is a structured cognitive assessment and training program for wellness, longevity, and cognitive performance support. It is not a medical diagnosis, medical screening, or treatment.

## How long are the sessions?

The initial benchmark phase is split into short sessions of approximately 25 minutes. After that, ongoing training sessions are also designed around practical 25-minute blocks.

## Who is this for?

It is especially relevant for adults and professionals who want to proactively support attention, memory, processing speed, executive function, and long-term brain health as part of a longevity strategy.

## Important disclaimer

This program is intended for education, wellness, longevity, and cognitive performance support only. It is not a medical diagnosis or treatment and does not replace care from qualified health professionals. Clients with neurological conditions, seizure or epilepsy risk, severe dizziness, severe motion sensitivity, or concerning symptoms should consult a qualified clinician before participation.

## References

Brugada-Ramentol V., Bozorgzadeh A., Jalali H. (2022). Enhance VR: A Multisensory Approach to Cognitive Training and Monitoring. *Frontiers in Digital Health*, 4:916052. Virtuleap Hub: Training Games and Scoring. Virtuleap website: [virtuleap.com](https://virtuleap.com).