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[Posit Science Brings 'Brain Fitness Program Classic' to Mac](#)

The program helps users think faster, focus better, and remember more

Posit Science has developed an original program for the auditory system of the brain called The Brain Fitness Program Classic. It features six computer-based exercises designed to be very easy to use, "even for computer novices," according to the makers, which improve the quality and quantity of information your brain absorbs from your ears. "Auditory processing is a fundamental root of brain fitness because much of the important information we take in each day-and that we want to respond to, remember, and use later-comes in through speech," says Posit Science. This is where The Brain Fitness Program comes in. The six computer-based exercises we mentioned above work on both Mac and PC and "are designed to be very easy to use, even for computer novices," says Posit. Moreover, the exercises track your progress and offer feedback on a regular basis. So, why would you need to use a program like this? Well, if you're in your mid 30s or younger, you probably don't need it. Sure, now you're going to say "but grandma can't use the Mac." Can't she? The Mac itself has an intuitive interface, while Posit's Brain Fitness Program is also extremely easy to use, so why not give it a shot? I've moved away from the subject again... OK, so the Brain Fitness Program is designed to speed up auditory processing and it not only improves working memory through this, but also encourages the brain to produce more of the chemicals that help it remember. Clinically proven results say that the Brain Fitness Program, which has been subjected to several large, rigorous clinical trials, speeds up auditory processing by 131%, and improves memory by an average of 10 years. So while program users ended with an average increase of 131% faster processing speed, faster auditory processing helped them keep up with the speed of speech, improving their comprehension and memory. 90% of those who completed the program reached amazing processing speeds, compared to their actual age - typical of people under 40, while no one in the study was under age 65, Posit Science [notes](#) on its web site. Program users gained around 10 years in terms of memory improvement, the tests showed, with impressive progress in four major clinical assessments. Mac requirements (minimum) call for a PowerPC running 10.3.9 to 10.4.x, an Intel machine under 10.4.x to 10.5.x, Combo Drive/DVD, 1GB free disk space, Headphone jack and Internet access. More on the Posit Science Brain Fitness Program Classic [here](#).