

## Brain Fitness Africa

Brain Fitness Africa is a Non Governmental Organisation in Ghana, which supports people mentally to be fit to overcome challenges.

Brain Fitness is the state of brain health and mental well-being that makes you “fit” for life and work demands.

It’s more about the fundamental measure of the brain’s ability to function efficiently and effectively during work and leisure activities, to be healthy, to resist distress and fight diseases.

Brain fitness can be protected and nurtured by lifestyle by:

- Healthy Lifestyle
- Targeted Practices to challenge mental skills
- Formal Education
- Being actively mentally engaged everyday



## Background

Brain Fitness Africa was founded by Lizette Berri whose deep interest in the complexities of the human brain was sparked by her curiosity to understand why some students, despite studying diligently, still fail exams while others who seem less invested, consistently excel.

As a student, she found school to be monotonous as she would quickly grasp the material and retain it, making classes seem slow-paced. This often resulted in social isolation, as she struggled to find peers who shared the same academic aptitude. At one point, she even contemplated intentionally failing exams in order to fit in and make friends.

This sense of frustration and lost potential persisted until early 2015, when she embarked on a journey of self-discovery and delved deeper into understanding the intricacies of the human brain.

Through this process, she realized that every individual's brain is unique and shapes their perception of the world. However, the universal need for inner peace and a calm mind resonated with her.



In 2016, her life took an unexpected turn when she felled seriously ill and underwent multiple major surgeries due to intestinal obstruction. Despite being misdiagnosed and losing a significant portion of her small intestines, she was determined to survive. The doctors informed her that without TPN nutrition, her chances of survival were less than 5%, and even with it, she would have at most three months to live.

Drawing upon her knowledge of neurogenesis and neuroplasticity, she refused to accept this bleak prognosis and instead visualized a positive outcome. Miraculously, she not only survived, but surpassed all odds and is now thriving. This experience has made her realize that she is more than a conqueror.

Motivated by her own journey, she founded BFC with the aim of helping others overcome challenges, transforming adversity into a compelling story, and harnessing the power of the mind to create the life they desire. She firmly believes that there is untapped potential within each individual, and she is committed to showing them the possibilities that lie within their own lives.

