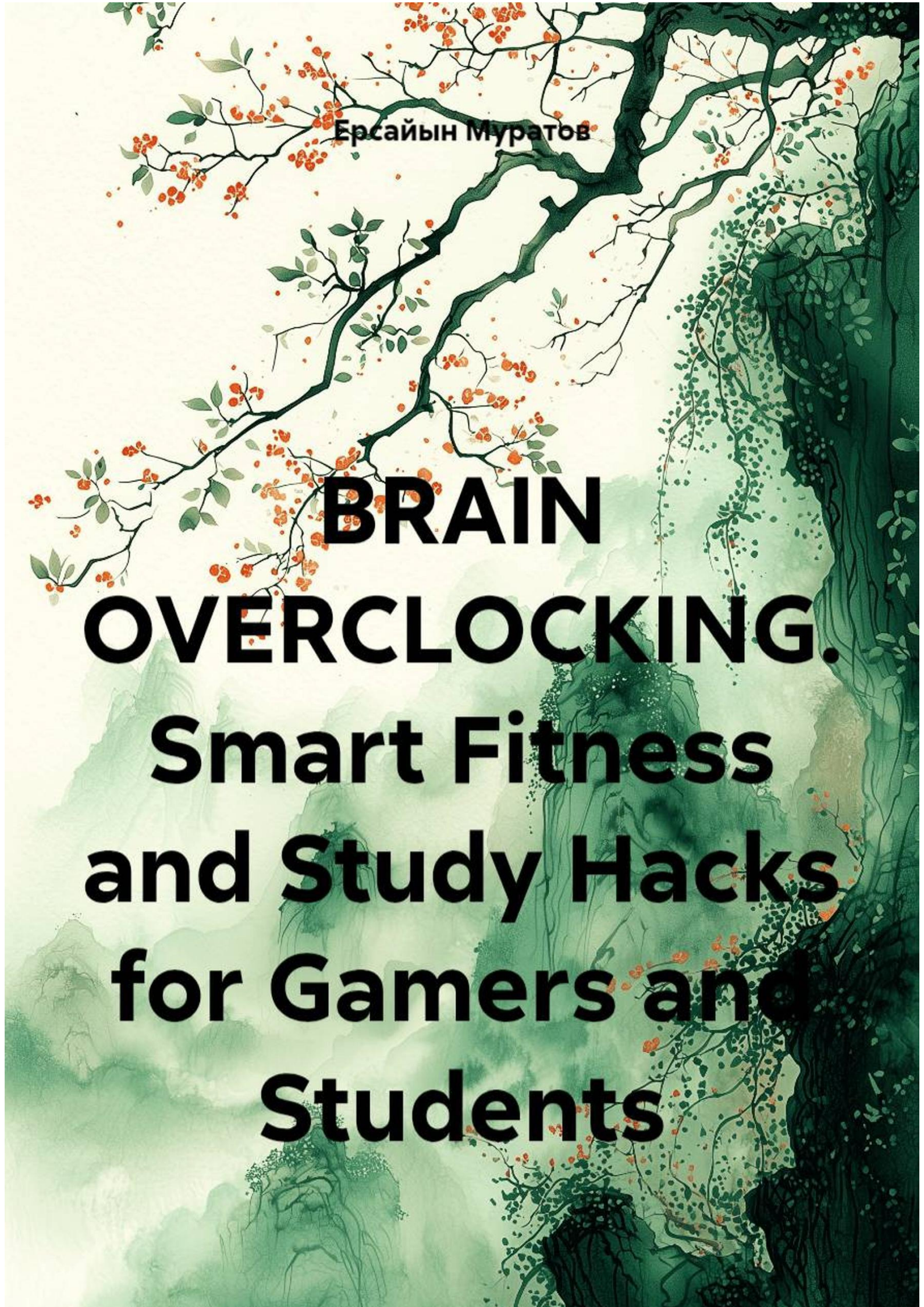




Ерсайын Муратов

BRAIN OVERCLOCKING. Smart Fitness and Study Hacks for Gamers and Students

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Tired of boring PE classes and fitness influencers who seem to live on nothing but chicken and broccoli? Welcome to a completely different side of fitness. Your body is an incredibly complex biological system. But if you spend hours hunched over a PC, barely move, and feel like a zombie by the end of the day, its time for a system reboot. Written by a teenage author, this straight-to-the-point guide gives you practical, science-informed strategies to upgrade your routine. Inside, you'll discover: * Invisible Cheat Codes: Simple movement and screen habits for desk users. * The Brain Factory: How physical activity supports memory and focus. * Neuro-Coordination: Practical ways to train reaction speed. * Mental RAM Clear: Evidence-based strategies for managing stress and overload. * Software Loading: Study techniques based on how memory actually works. Stop running your life in safe mode. Reboot your habits. Upgrade your body. Overclock your brain.

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Introduction. Hack Your Body: How to Make Yourself Stronger, Faster, and Smarter Hey! Let's be real for a second. When you hear the words "working out" and "sports," what comes to mind? Boring PE class where they make you run laps for no reason? Or those fitness influencers who basically live at the gym and eat nothing but chicken and broccoli?

I'm 13 years old, and I want to show you a completely different side of fitness. Your body is basically the most advanced piece of tech on the planet. But most people barely use what it can actually do. They spend hours hunched over a computer, then wonder why they have no energy, their back hurts, and they're just not feeling it.

I got really into productivity and learned one thing: ¹you can't level up your brain if your body is running on empty.

Being physically fit is the foundation. When you train the right way and make your workouts count, your brain can work more efficiently because exercise boosts blood flow and oxygen delivery.

This book isn't going to hit you with a bunch of boring lectures. It's a practical guide to "hacking" your fitness and getting your body to work better for you.

Chapter 1. Invisible Cheat Codes: Biohacks for Lazy Gamers and Students If you think biohacking is all about expensive pills or spending five hours a day at the gym, it's actually way simpler than that. Some of the most useful "hacks" are things you can easily build into your normal day without anyone even noticing.

Here are four simple cheat codes based on what science actually tells us.

Cheat Code #1: The Power Nap — Brain Reset

Ever get hit by a huge energy crash in the middle of the day? Your brain feels like it's running on low battery, and keeping your eyes open starts feeling like a real challenge.

The Hack: If you have the chance, set an alarm for about 20 minutes and take a short nap.

Why it works: A quick nap can reduce sleepiness and improve alertness. Keeping it short also makes it less likely that you'll wake up feeling super groggy. Think of it as a quick system reboot.

Cheat Code #2: Isometric Stealth Boost — Train Without Moving Want to challenge your muscles without doing a full, sweaty workout?

The Hack: Sit or stand comfortably, put your palms together, and press them against each other for a few seconds. You can also tense specific muscles without moving your joints at all.

Why it works: This is called isometric training. Your muscles produce force while your joints stay mostly still. Research shows that regular isometric exercises can improve muscle strength. It's not a secret way to replace the gym—but it's a useful extra tool in your fitness toolkit.

Cheat Code #3: The Minecraft Memory Palace — The Study Hack Trying to memorize a giant list of dates, terms, or facts by reading them over and over? Your brain prefers something more interesting: places you already know really well.

The Hack: Pick a familiar location—your Minecraft base, a game map, or even your own bedroom. Imagine walking through it and placing different pieces of information at specific spots. For example, imagine a giant “1945” sitting in one exact corner on your map.

Why it works: Your brain is naturally good at remembering locations and routes. The method of loci, also known as a memory palace, takes advantage of this by connecting information to familiar places. When you need to remember something during a test, just mentally walk through your map and use those locations as memory clues.

Cheat Code #4: Night Mode — The Screen Hack

We all know that scrolling on your phone late at night isn't exactly helping your sleep schedule. But let's be real—sometimes you watch just one more video... and suddenly an hour is gone. Bright light in the evening can affect your body's natural sleep rhythm, including the release of melatonin. Blue-enriched light can have a particularly strong effect.

The Hack: In the evening, turn on your phone's Night Mode, lower the screen brightness, and make the colors warmer.

Why it works: Reducing bright and blue-enriched light in the evening can reduce its effect on your body's sleep signals.

But let's be honest: there's no magic filter that makes late-night scrolling totally harmless. If you stay on your phone until 2 AM, Night Mode can't replace the sleep you missed.

So here's the ultimate cheat code: Sleep > almost every biohack.

Your brain doesn't need magic. It just needs the basics working properly.

Chapter 2. Neurogenesis: Can You Actually Grow New Brain Cells by Hitting the Gym?

A lot of people think you're born with a fixed number of brain cells, and that's it—game over. You've probably heard some teacher or classmate say, “Stop being stupid, your brain cells don't grow back!”

Well, guess what? That's an outdated myth.

Deep inside your brain, there's a VIP zone called the hippocampus. It plays a major role in memory and learning. And here's the crazy part: research suggests that new neurons can actually develop in the hippocampus. This process is called neurogenesis.

But there's a catch. Your brain isn't some unlimited cell factory running on autopilot. Neurogenesis is influenced by things like age, sleep, stress, and physical activity.

Scientists are especially interested in a protein called BDNF (Brain-Derived Neurotrophic Factor). Think of BDNF as a kind of upgrade fuel for your brain cells. It helps support the growth, connections, and survival of neurons. And one of the things that can increase BDNF levels? Exercise.

So, how do you use this cheat code without destroying yourself at the gym for three hours? Here are some settings worth trying:

1. The Cardio Upgrade: Fueling the Processor

Activities that get your heart pumping—like running, cycling, swimming, or a good basketball session—can increase blood flow and may support brain health.

The Hack: Aim for around 20–30 minutes of moderate cardio. You should be breathing faster and working hard, but still able to talk in short sentences.

You don't need to turn every single workout into a brutal boss fight. Consistency is key.

2. The Strength Boost: Upgrading Your Antivirus Push-ups, pull-ups, squats, and other strength exercises don't just train your muscles.

Regular physical activity is also linked to benefits for executive functions—the mental skills you use to plan, focus, make decisions, and control distractions.

Basically, it's your brain's built-in ad-blocker.

Конец ознакомительного фрагмента.

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