

Fitness Training for Your Senses webinar Chat Log 4-21-20

Name	Message
Matthew	Hello from NJ
Rowan	Hello from the frozen north
kasra	hi yall
Richard	Hello!
Brian Dodson	Hello
Jeff Gooding	Hi from Rhode Island.
Brook	Hi everyone.
Thomas	Hello everybody
Rob	Hello from Bend Oregon
Mark	Hello!
Angus	Hello from Sarasota
Innes	hello
Jeff	Hi from AZ
Bruce	Howdy
Ricardo	Hello everyone
Chris	Howdy, boys
Richard	greetings from Bellingham
Amanda	Hello!
Craig	Hello!
Ben	How's it going everyone
Kieran	Hello
frances	Another from Rhode Island
Dean	Good evening ...
Kevin	hallo
Tony	Tony from Spokane Valley here, hi to all
Matt	Hello From Australia
rob	Hello from Connecticut
David	Hellob from San Jose
Brad	Hello
Miller	Hello There.
Kevin Kohlscheen	Hello from Nebraska
jon	Jon from Delaware
Christian	Hello from Ann Arbor
Patrick	Hey Everyonoe
steve	steve hello
Rudy	Hello From Canada ...
Ben Bettenhausen	hi eveyone
Mike	Hey from Ottawa, Canada
Paul	Hi from NY
Shaad	Suuuuuuup.
Samuelthomasbak@	Hi Everyone!
Paula	Good evening
Gordon	Hello from the Smokie Mountains

Kevin	Hello, from Metro Detroit
Henry	Madison in
Matt	Greetings!
Tim	Evening!
Chris	Howdy from Nj
PAULO	Greetings from São Paulo, Brazil!
Aaron	Hi from Halifax, Nova Scotia
Jim	Hey guys
Ben	Massachusetts ftw
Emerino	Reston VA...
Mike	colorado
Reuel	Hey, from sunny Georgia!
Richard	Rik from sunny Malibu
Richard	Hello from COTA-town :)
willis	Hi Rosss and Trey!
Matt Romanowski	Hey Everyone!
Carl	Hi From Delaware
Loren	Howdy from Road Atlanta Country!
Todd	It's all we got..
Barry	Hi from ATL
Bill	Hello from the Great State of Texas!
Stuart	Hi from Detroit
Miller	Hunkered Down in Seattle.
Harold	Hj from LA
Ralph	Hi from chilly Ottawa, Canada!
Katherine	Los Angeles
Robert	Bob, Davidsonville MD
Robert	Greetings from Sugar Land Texas
Tod	Hi guys
Jean-Luc	Hi from Los Angeles
Don	Hi from Tucson
Katherine	TRACK-STARVED
Rob	Thank heavens for driving simulators
Susan	Hi from the western suburbs of Chicago
Susan and track starved too!
Keith	Hi from Boulder
Mike Martin	Hello from Mike in Cincinnati
Brad Morris	Hi from Charlotte NC
Ralph	Hi Robin, Indeed, a mini blizzard happening this evening!
Todd	Hi from New zealand
Matt Geddes	Hello everyone from Olympia Washington
Tony	Hi , Tony from Chocorua, NH
Michelle	Hi! Michelle Herron from Rochester NY
George Boutsikos	Hi From New York

Tony	hello from tony in NH
Tony	hello from tony in NH
Dave	Ross and Tray - I would love to get your comments about how these techniques help with flow. Thanks if you can fit it in.
Rick	Hello Tony. From Madison NH.
Brandon	Seems inappropriate that I,Äôm eating Oreos while watching this
Richard	Hi from Moultonborough NH
Richard	Be interesting to have yall point out which of these exercises can be done solo and which dont work so well without the "surprise" of someone else prompting.
Rowan	Gentlemen. About time. I have been waiting for a session like this for a decade or more! Thank you so much!
Anthony Romano	not understanding the crossing
Rob	I've had an operation which shifts my vision on one eye for reading. It does mess with my shooting (I have special corrective shooting glasses) should I also use these glasses for the training and/or driving?
Lawrence	What about presbyopia?
Ann	How common are horizontal alignment vision problems?
arnold	we are left eyed or right eyed, i believe?
Eldon	So, what you are describing is depth perception. Over time. does not the human brain actually adjust and compensate for this?
Rick	Eldon, I was thinking the same thing.
Matthew	How long should the string be?
David	How far apart are the beads placed?
Rob	What is the string called on Amazon?
Anthony Romano	thanks
Eldon	From racing for years in cricle track, you feel this because either you hot the car next to you or you did not.
Rob	https://smile.amazon.com/Foot-Brock-String-Convergence-Performance/dp/B01MEFCDD1/ref=sr_1_fkmr2_2?dchild=1&keywords=vision+acuity+string&qid=1587516857&sr=8-2-fkmr2
Eldon	Sorry for my typing but I've had a wine tasting event before this webinar. :-)
George Boutsikos	how long of a brock string should we use
Eldon	How is this test effected with somebody that has a photographic memory?
Rowan	Just one point of clarity. Although you can not achieve better than genetic potential the temporal limits fade very quickly with out use and so most will appear to improve markedly with practice
Richard	Dr. Gary Etting in Encino.
Richard	https://www.visualprocessing.com/ Does testing and visual training. Recommended Dr. Gary Etting
Richard	Can you explain "misuse" as opposed to disuse?
Richard	(different Richards btw :)
Richard	Q: Any particular brand of strobe goggles (Nike etc) that are recommended for home user?
c	how does your helmet play into this discussion.. seems that my helmut and car A pillars play into this equationrs

Richard	I have heard about the phenomenon of „quiet eye,“ for athletes. What is it, does it have benefits for racers and can it be taught/improved?
Richard	Do you do remote or online training or can you develop a training regimen for home use?
kasra	@c I'm with you. the A pillar and helmet issues have definitely caused me to "pause" before turning in at speed
Richard	I used a „brain training,“ app called Lumosity for a while to prepare for racing. But I have heard that the benefits of this sort of app is questionable. Agree, disagree?
Eldon	This reminds me of playing racquetball. You have to be able to see a ball traveling to the front wall that is coming from behind you.
Max	I never found Lumosity to be very useful, more of a fun game, Richard
Susan	I want one of those shirts
Richard	Any benefit to wearing your helmet during some of these exercises? If so, which ones?
Susan	We should do these exercises with a helmet on and a HANS - would be more difficult I think
Ben	How well do things like juggling or using those reaction balls work for visual training? I don't have much for usable walls or partners
Miller	Hello Matt in Australia - Happy Wednesday !!!
Max	I've done bird dog crawl at my gym before with a weight on my back i couldn't drop. was insanely difficult!
Eldon	Practice Yoga. This is a common move.
Rob	They lost me at beer, be back in a moment.
Matt	Hey Miller :)
kasra	so many exercises - how often do you incorporate these exercises into a workout routine - number of times per week. Also do you do all these exercises or are there ones to focus on first?
Paul	Hi everyone. What did I miss
Susan	Kasra - love yr question. I'd like to know that too.
Susan	Paul - Rob didn't bring the rest of us a beer yet
Richard	Outside of dedicated vestibular training, any activities like yoga or dance that you would recommend to compliment and enhance the sense of balance?
Ricardo	Does the speed of the march exercise matter? It looks like it's supposed to be pretty slow
alberto	Re concussions, do these exercises help recover from one?
Tony	Very yoga like.
kasra	will these vestibular training exercises help with car sickness? (yes I get carsick under yellow flags lol). I get nausea working under the car too...
frances	would it be helpful to do all of these blindfolded?