

# Your brain will definitely improve if you stack your cups

**Bet you never thought that one day someone would turn stacking cups into something way more fun.**

To get a handle on what your brain has been missing, watch this video of champion, Emily Fox setting the record at 7.43 seconds.

If you have an older brain you may have found yourself being a little slow in keeping up with the speed of all those flying cups. But before you think this is a nice entertaining game to keep children preoccupied, **cup stacking has turned into a full fledge competitive sport.** Huh???

The story goes that during summer camps, kids would compete stacking meal cups and shortly thereafter turned it into a skill of showmanship. What got educators so excited is the fact that anyone can learn this, athletic prowess is not a requirement and it's great for building self-confidence and team spirit.

**But, what caught brain researchers' attention was all that eye-hand movement and what it's doing to brain performance.** Research has confirming that cup stacking (also know as speed stacking or sport stacking) improves:

- eye-hand coordination
- right brain, left brain cross communication
- brain-body coordination
- processing of patterns and sequencing
- bi-lateral dexterity
- reaction time, memory, focus and concentration

The brain skills of cup stacking not only translates into the classroom but also are recognized as significant foundational skills needed for sports performance.

Now if you're a concerned parent or grandparent thinking this is the perfect gift to stimulate the brain of your children or grandchildren, **make sure that you order an extra set for yourself.**

Remember, start your practice in secret with these cups rather than your tableware cups. **Your brain's going to love it and your friends are going to be amazed.**

Sources for Speed Stacking Cups: (no affiliate relationship)

<http://www.speedstacks.com>; Amazon, E-Bay (comes with instructions); also see numerous YouTube videos.

Article Source:

<http://www.jmu.edu/kinesiology/hpainstitute/documents/SpeedStackingRationale.pdf>