

# HOW DOES QUARTERBACK TOM BRADY MENTALLY PREPARE?



Tom Brady recently shared his thoughts on brain training with [Maria Shriver's weekly newsletter publication, The Sunday Paper](#). What does he use as a core part of his "TB12 Method" for staying fit? **BrainHQ™**.

"I feel the mind and body must work together," Brady told The Sunday Paper. "I believe just as strongly in the importance of mental fitness as I do about physical fitness." He says that BrainHQ helps him "stay sharp and make better split-second decisions on the field."

Visual attention and speed of processing are cognitive skills that are important to sports performance. BrainHQ exercises, including Target Tracker, Double Decision, Eye for Detail, Visual Sweeps and Hawk Eye, help build those skills.

Below is an excerpt of Maria Shriver's Sunday Paper interview with Tom Brady. Read the full interview on [MariaShriver.com](#).

## MARIA SHRIVER'S SUNDAY PAPER EXCLUSIVE: TOM BRADY ON THE MIND OF A CHAMPION

**1) You are going to the Super Bowl for a record 7th time. Getting there is as much a mental feat as it is a physical one. What is your secret for staying mentally fit?**

**Tom Brady:** I feel the mind and body must work together. I believe just as strongly in the importance of mental fitness as I do about physical fitness. For me, mental fitness comes from a combination of activities and choices. I perform [BrainHQ] cognitive exercises that help me stay sharp and make better split-second decisions on the field. And I prioritize getting enough rest to allow my body to recover. And I strive to keep a positive mental attitude at all times.



**2) There is so much noise going into a football season. Double that for a Super Bowl. How do you maintain a focused mind when the world is trying to distract you?**

**Brady:** It's easy to get caught up in the excitement of a big game or event — after these many years I've learned to ignore the noise! For me, having a regular routine is very helpful. That means establishing a consistent bedtime and getting an adequate amount of good-quality sleep every night, and carving out time for the TB12 BrainHQ cognitive exercises that help me focus my mind on the most critical information and disregard the rest.

To read the full interview, go to [MariaShriver.com](#).

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