

# Improve Memory, Creativity, and Change Your Life For The Better

Stephen Jepson's "Never Leave The Playground" philosophy will make you smarter, healthier, and happier. Maintain balance, stability, and coordination while improving memory and creativity through the art of play.

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# About Stephen Jepson

1

## Active Lifestyle

At age 84, Stephen Jepson is living proof of a philosophy that keeps the mind and body active through the art of play. He enjoys tightrope walking, unicycling, throwing knives, and juggling while balancing on a bongo board.

2

## Water Sports Enthusiast

Stephen loves water sports like kayaking, paddle boarding, and snorkeling. Since age 65, he has won over 80 gold medals in swim competitions [around the world and swam across Iowa's beautiful Spirit Lake.](#)

3

## "Never Leave the Playground" Philosophy

Stephen's lifestyle-fitness philosophy, called "Never Leave the Playground," encourages lightheartedness, laughter, and simplicity in movement. He has adapted activities for different skill levels that immediately get the body moving.

# Change Your Life For The Better

## Mindset Shift

"Never Leave the Playground" can change your life for the better by changing your mindset. Instead of seeing moving the body as a difficult effort, this method encourages lightheartedness and simplicity.

## Adapted Activities

Stephen has adapted activities for different skill levels that immediately get the body moving. This is play, not exercise!

## Continuous Enrichment

The goal is to teach people to keep up physical movement, which continually enriches the brain and body. "Just keep moving" is Stephen's mantra.

## Age-Proofing

Stephen calls his method "age proofing the brain and body". It can begin at any age or any condition, making it a life-changing experience.



# Improve Memory & Creativity

## Research-Based Program

Over the last 8 years, Stephen has committed himself to researching and documenting his theory of lifetime fitness, which is now presented in the "Never Leave the Playground" program.

## Fun and Games

The program uses games, playing, and specifically designed toys that aid in maintaining health. It improves balance, stability, and coordination in the body, as well as memory, creativity, and mood in the mind.

## Lifelong Play

Stephen encourages activities like playing jacks with both hands, hula-hooping, and jumping rope. The goal is to keep moving in fun, creative ways throughout your entire life.

# The Jepson Method

## 1 Age-Proofing

The Jepson method is "age proofing the brain and body", and it can begin at any age or any condition of the body.

## 3 Holistic Improvement

The program improves balance, stability, and coordination, with attendant improvement in memory, creativity, mood and more.

## 2 Lifetime Fitness Theory

Stephen has committed himself to researching and documenting his theory of lifetime fitness, culminating in "Never Leave the Playground."

## 4 Continuous Movement

The goal is to teach people to keep up physical movement, the activity which continually enriches the brain and body.

# Stephen's Mission

## ▼ Improve Quality of Life

Stephen's mission is to tell every human being on the planet that their quality of life can be improved immediately by playing on the playground. With constant play and movement, brain capacity will increase, and physical well-being and metabolism will be at their best.

## ▼ Transformative Ideas

Stephen's ideas will transform you. It is a process reality that will yield magnificent experiences in your life. The tiniest tweak can make a positive difference, and small changes in behavior can yield positive, gratifying results.

## ▼ Enjoyment-Driven Change

The changes do not take willpower or courage; they are driven by the pursuit of enjoyment and fun. It will be a matter of you controlling your destiny. Start to Change Your Life For The Better Today.

[www.NeverLeaveThePlayground.com](http://www.NeverLeaveThePlayground.com)



# Fun Activities with Stephen Jepson



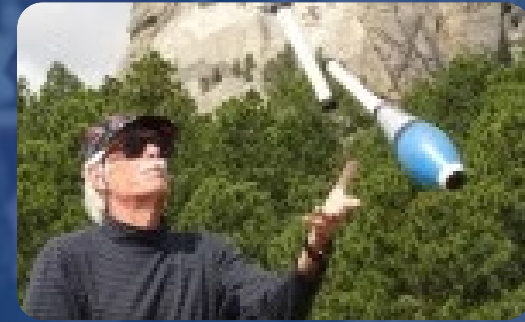
## Rock Balancing in New Zealand

Stephen demonstrates balance and coordination by playing with large rocks in New Zealand's beautiful landscape.



## Riding a Big Bicycle in Florida

Stephen showcases his playful spirit and balance skills by riding an oversized bicycle in sunny Florida.



## Juggling Fun

Stephen demonstrates his coordination and focus through juggling, a key activity in his "Never Leave the Playground" philosophy.

A photograph of Stephen Jepson, an older man with white hair and glasses, sitting in a yellow kayak on a body of water. He is holding a black paddle and looking towards the camera. The water is a deep blue-green color.

# Water Activities with Stephen Jepson

1

## Swimming

Stephen swam across Iowa's Spirit Lake at age 66 and has won over 80 gold medals in swimming competitions since age 65.

2

## Kayaking

Stephen enjoys kayaking in Florida's beautiful waterways, demonstrating that water activities are an excellent way to stay active and have fun.

3

## Snorkeling

Exploring underwater worlds through snorkeling is another of Stephen's favorite activities, especially in Florida's crystal-clear springs.

4

## Paddle Boarding


Stephen promotes paddle boarding as a great way to improve balance, strength, and enjoy nature simultaneously.



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