

How Vi Living Is Leading the Way in Mind + Body Wellness with the Dividat Neuro Gym

As the conversation around healthy aging evolves, one thing is becoming increasingly clear: cognitive and physical health are deeply interconnected. Vi Living is embracing this holistic perspective by reimagining wellness in a way that intentionally supports both mind and body.

The approach began at Vi at La Jolla Village, where leadership saw an opportunity to move beyond traditional wellness programming and adopt a more intentional, research-driven model. Today, across its portfolio, Vi Living is introducing [Brain Vitality Studios](#)—purpose-driven spaces designed to support cognitive performance, physical function, and overall well-being.

At the heart of these studios is the Dividat Neuro Gym, a science-backed solution that integrates movement with mental challenge to support how residents think, move, and live.



Real Results

To better understand the impact of this approach, Dividat partnered with Vi Living to conduct a 12-week case study at Vi at La Jolla Village. The study included 33 residents who regularly trained on the Neuro Gym.

The outcomes were compelling:

11% improvement in reaction time

22% reduction in error rate during gameplay

These results point to measurable gains not only in cognitive performance but also in physical responsiveness—key factors that support balance, mobility, and everyday confidence.

Improvements in reaction speed and accuracy are especially meaningful in a senior living environment, where functional movement and fall risk are critical considerations.

“There is a common misconception that the brain can’t be changed and that if you have memory challenges, that’s just too bad. We now have reason to believe that is not true.” - Mellany Hanson, Lifestyle Director at Vi at La Jolla Village.

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Expanding a Holistic Wellness Strategy

What began as a focused pilot effort has since evolved into a broader wellness strategy across [Vi Living](#). Today, the Dividat Neuro Gym is installed in 8 of Vi Living's 10 communities, with Brain Vitality Studios being thoughtfully replicated across the portfolio. This expansion reflects more than program enthusiasm—it signals a long-term commitment to proactive, evidence-based wellness that supports both mental sharpness and physical capability. For Vi Living, this integrated approach is not a trend, but a strategic investment in resident vitality.



A Model for the Future of Senior Living

Vi Living's rollout of Brain Vitality Studios demonstrates what is possible when innovation, research, and resident-centered design come together.

From the early success at Vi at La Jolla Village to its growing presence across the portfolio, Vi Living is redefining what wellness can look like in senior living—moving beyond isolated programs to an integrated approach that strengthens both the mind and the body.

By investing in solutions that challenge both mind and body, like the Dividat Neuro Gym, Vi Living is helping residents build confidence, maintain independence, and stay engaged in the activities that matter most. It's a model that reflects the future of aging—one where cognitive vitality and physical performance are trained together, intentionally and measurably.

Ready to Explore What's Possible with the Neuro Gym for Your Community?

Let's talk. [Schedule a demo](#) or [connect with our team](#) to learn how the Neuro Gym can help elevate your community's approach to aging, wellness, and resident engagement.