

## Can Halo's brain-zapping headsets improve athletic performance?

Equinox jumped at the chance to offer Halo Neuroscience's brain-zapping, supposedly performance-enhancing headsets as part of its advanced personal training program at 22 of its fitness clubs around the U.S., beginning this month [March].

Halo's headsets employ a technology called transcranial direct current stimulation, or tDCS. The idea is to apply a mild electrical current to the brain, resulting, in this case, in improvements in an athlete's physical prowess.

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...e performance from last year, for example, looked at 12 studies and positive results. Among

...the studies that monitored people while they were actually

exercising, those results were even lower.

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Halo disputed that there is a lack of evidence supporting their technology. "There has been over 15 years of peer-reviewed and published research in the field of tDCS," Mastalir said. "The results have been proven, and thousands of athletes, musicians, surgeons, and the military are using Halo Sport to improve their performance."

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The idea that you could zap your brain into better playing on the court is powerful, especially since the technology is backed by real science, albeit science that is still very much in progress. For an elite athlete, any edge, even if it's one generated by a placebo effect, is valuable.

**Read full, original post:** [Brain-Zapping Workout Tech Is Coming to an Equinox Near You](#)