

PHYSICAL MOVEMENT

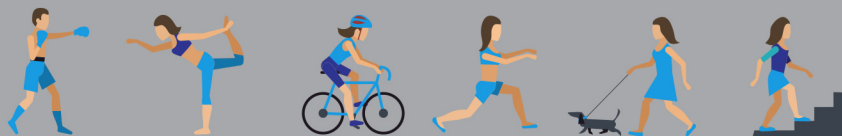
ENGAGE YOUR BRAIN AND BODY!



Brain boosting benefits are offered to all who engage-
memory, attention, decision-making, planning, and more!



Aim for at least 150 minutes of movement per week that raises
your heartbeat- walk, swim, bike, chair exercises, and more.



Small or short intervals can help
you reach 150+ minutes and
offer health gains!



Incorporate activities that
strengthen your muscles at
least 2 days per week.



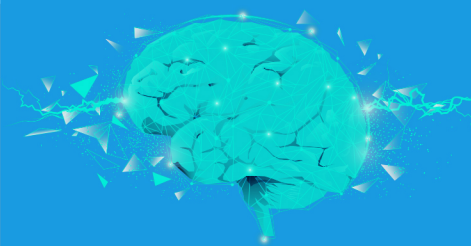
Remember even 5 minutes
of movement can offer
health benefits.



Inconvenience yourself and
choose activities that increase
your physical movement.



PHYSICAL ACTIVITY POWERS OUR BRAINS!



SIT LESS. MOVE MORE.

Choose how to incorporate
more movement as part of
your daily routine.



THINK IT. MOVE IT. DO IT. BE ACTIVE. STAY HEALTHY.



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