# 30 MINUTES FOR DAILY BRAIN CARE

Why do you want a healthy brain?  Write your response here:	



Make your brain care a priority and not an option.



Make 1 decision each day to keep your brain top of mind.



Identify your purpose for brain health.

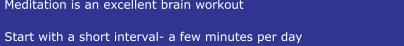


Small changes can lead to lasting results.



## **5 MINUTES FOR MEDITATION/BREATHWORK**

Meditation is an excellent brain workout







#### 10 MINUTES FOR BRAIN FITNESS

Create and maintain a mental fitness routine







### 10 MINUTES FOR MOVEMENT

5 minutes of physical movement offers health benefits

Aim for 2x 10-minute sessions per day if possible







#### **5 MINUTE BRAIN BREAKS**

Take time to unwind throughout your day to optimize your brain





Take multiple brain breaks daily



## 1 MINUTE GRATITUDE

Adopt an attitude of gratitude



Make gratitude part of your day





www.virtualbrainhealthcenter.com







