

COGNITIVE ENGAGEMENT



Engage in tasks or exercises that are new, novel, and challenging. Remember to ramp it up (increase challenge) and vary your workouts (new, novel)!



Be a lifelong learner through formal (classes, lessons) and informal (reading, projects) opportunities.



Stay engaged and challenged. Step outside of your comfort zone to try something new.



Establish a daily brain fitness routine.



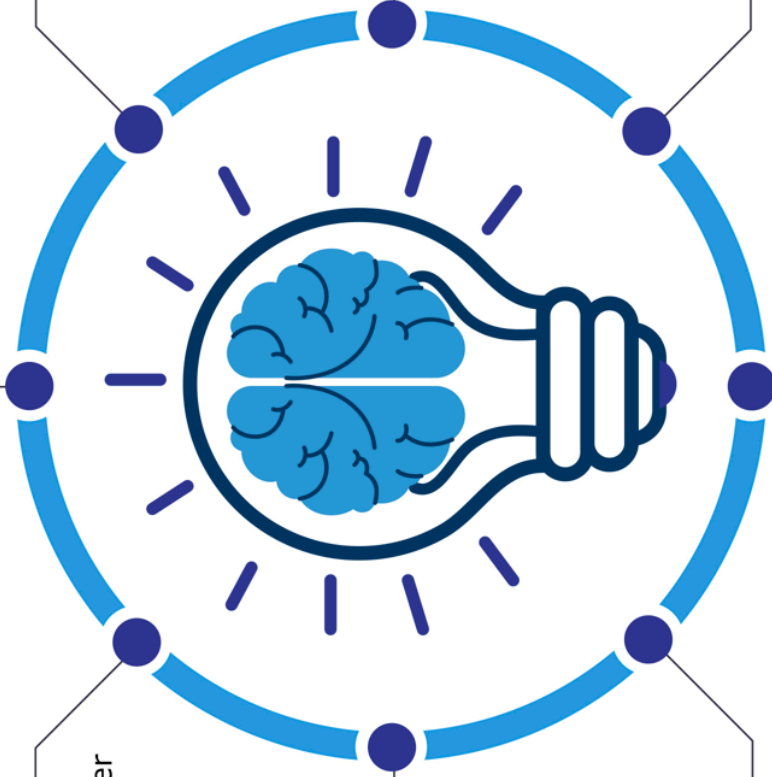
Make your brain "sweat" for at least 20 minutes per day or 2 x 10 minute sessions.



Explore and discover new places, environments, and skills. Remember to tinker and have some fun along the way!



Commit to learning throughout your life. Try to learn one new thing a day.



OUR VIRTUAL BRAIN HEALTH CENTER IS HERE FOR YOU



www.virtualbrainhealthcenter.com



@VirtualBrainHealthCenter



@VirtualBrainHealthCenter



@VirtualBrainCtr



**VIRTUAL BRAIN
HEALTH CENTER**

©2021 Virtual Brain Health Center