






DAILY BRAIN HEALTH TIPS June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GET 	BRAIN 	FIT! 	¹ Remember to stay hydrated as the weather gets warmer.	² Add an extra serving of fruit to your meals.	³ Write a note to someone you haven't seen for some time.	⁴ Relax and play with your pets. <i>Hug Your Cat Day</i>
⁵ Take a nature walk . <i>World Environment Day</i>	⁶ Get out and exercise with your plants . <i>National Gardening Exercise Day</i>	⁷ Volunteer for the organization of your choice.	⁸ Plan a get-together with friends . <i>Best Friends Day</i>	⁹ Schedule your annual health appointments .	¹⁰ Add fresh spices to your meals. <i>Herb and Spices Day</i>	¹¹ Make sure to get 7 to 9 hours of sleep .
¹² Try a different type of exercise like Tai Chi or Qi Gong .	¹³ Try a new kind of puzzle to challenge your brain .	¹⁴ Call someone who is isolated or not feeling well.	¹⁵ Smile at everyone you meet today. <i>Smile Power Day</i>	¹⁶ Wear a helmet when biking/skating/skiing to protect your brain .	¹⁷ Eat a rainbow of vegetables today. <i>Eat Your Vegetables Day</i>	¹⁸ Relax and go for a picnic. <i>International Picnic Day</i>
¹⁹ Spend time with family . <i>Father's Day</i>	²⁰ Find an online lifelong learning class to attend. Join our boot camp .	²¹ Brain Boot Camp Try a yoga class. Join a free yoga class at our center. <i>International Yoga Day</i>	²² Brain Boot Camp Do strength exercises with light weights, soup cans, or water bottles.	²³ Brain Boot Camp Learn to meditate to help reduce stress. Try our free class today . <i>Let it Go Day</i>	²⁴ Go swimming or engage in a water aerobics class. <i>Swim a Lap Day</i>	²⁵ Work on a difficult jigsaw puzzle .
²⁶ Write down at least three things for which you are grateful .	²⁷ Put on your shades & spend time outdoors in the sunshine. <i>Sunglasses Day</i>	²⁸ Add fruit slices or fresh herbs to a pitcher of cold water.	²⁹ Hug those you love. <i>Hug Holiday</i>	³⁰ Take a brain break and take some slow deep breaths.	JOIN US 	TODAY! 



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HEALTH CENTER

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MAKE YOUR BRAIN SWEAT!

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