

A BRAIN-HEALTHY LIFESTYLE PLAN

PRIORITIZE YOUR BRAIN HEALTH IN LESS THAN HALF YOUR DAYS' TIME

Begin with the Essentials for Your Brain's Wellness

✓ REST

✓ NOURISH

✓ MOVE

✓ ENGAGE

✓ CONNECT

✓ THRIVE

COOL THE BRAIN

Set aside time to meditate, notice your breath, and practice mindfulness.

SLEEP

Rest well at night and prioritize sleep.

MOVE THE BODY

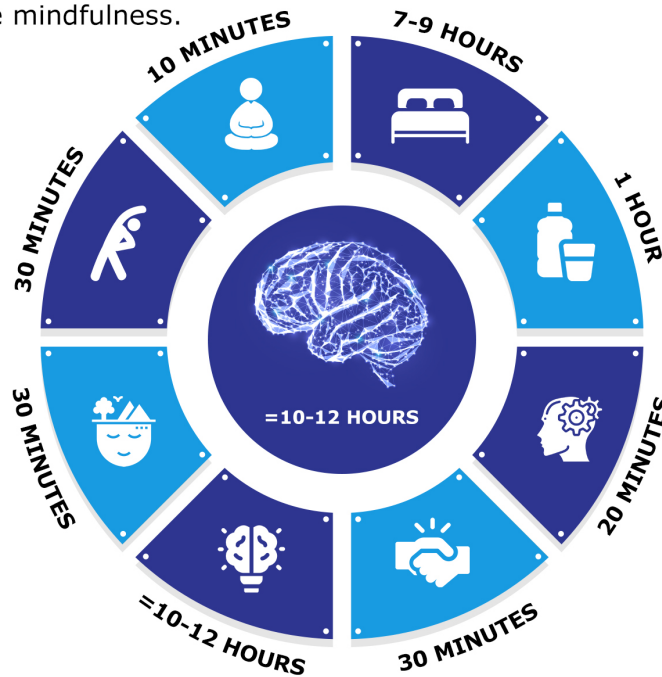
Engage in 30 minutes of movement.

NOURISH TO FLOURISH

Eat & hydrate to fuel the mind & body.

TAKE BRAIN BREAKS

Take multiple "5-minute" breaks to unwind to optimize your brain performance.



TRAIN THE BRAIN

Discover new, novel, & challenging tasks through a brain fitness routine.

THRIVE

Use your purpose for brain health & S.M.A.R.T. goals to continue to thrive on your personal B.R.A.I.N. C.A.R.E path.

CONNECT WITH OTHERS

Find a way to strengthen your social network- reach out to a friend, call a family member, attend a virtual class, or meet up with a new online group.



We have the ability to continuously shape our brains.



Start simple to make brain health part of your day.



Brain health is 90% lifestyle & 10% genetics.



Small changes can make a big difference.



VIRTUAL BRAIN
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