



3 BRAIN TRAINING TIPS FOR TRYING TIMES

Check out these three helpful tips to help you emerge from this pandemic with a more powerful brain:



PRIORITIZE SLEEP

Though it may seem like a passive activity, adequate and high-quality sleep are essential for optimal brain health. Make it a top health priority as you would diet and exercise.



EXERCISE DAILY

Moving your body on a daily basis isn't only for aesthetics and weight management. Humans were designed for movement and our brains need it to thrive over the course of a lifetime.



MEDITATE MINDFULLY

Meditation is for everyone and it doesn't need to involve anything complicated. A few uninterrupted moments each day of focused brain activity in a quiet space can be all that is necessary for the brain to reap the clarity and memory retention benefits.

