building brain health

inspiring yourself toward healthy behaviors

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In this session of Building Brain Health, Dr. Rob Winningham reminds us of the importance of physical exercise, cognitive exercise, eating healthfully, social engagement, getting sufficient sleep, and mindfulness training (e.g., meditation) on brain health. He also shares how to get and stay motivated toward healthy behaviors.

*“I like nonsense; it wakes up the brain cells.”* – Dr. Seuss

# NOTES:

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