

Brain Health



JUST FOR YOU

When thinking about your health, it is important to realize that mental health is equally important to physical health. Choosing the right foods can have a tremendously positive impact on the relationship between your gut and brain. Having a diet full of prebiotics, probiotics, fiber, and omega-3 fats will be beneficial in healing your gut biome and improving your brain's control over your feelings and emotions.

TEAM TALK

It is important to talk about mental health with friends and family, especially during a global pandemic. With your team, talk about what each of your favorite brain boosting foods are and your favorite way to enjoy them.

Try out a teammate's favorite brain boosting food and share with each other (and/or on social media). #FitEx
#SpreadingPositivity



RECIPE OF THE WEEK

The recipe for this week is a Berry Purple smoothie. Blueberries contain antioxidants that can help prevent brain aging and neurodegenerative diseases.

Post a picture of your dish on your social media using the hashtags: “#BerriesForTheBrain” and “#BrainHealth” Scan the QR code below to take you to the recipe!

TIPS FOR LONLINESS

It easy to feel alone at times, either in your health and fitness journey or in life in general. It is crazy to think while social media can bring us together, it can also make us feel more distant than ever. Since it isn't as easy to meet up with people in person, try these tips to fight back those feelings of loneliness:

- Facetime a friend or family member
- Get a pet you know you can care for
- Find a new hobby or passion (painting, writing, running)
- Take a break from social media (read or watch a movie instead)
- Journal your thoughts and experiences

