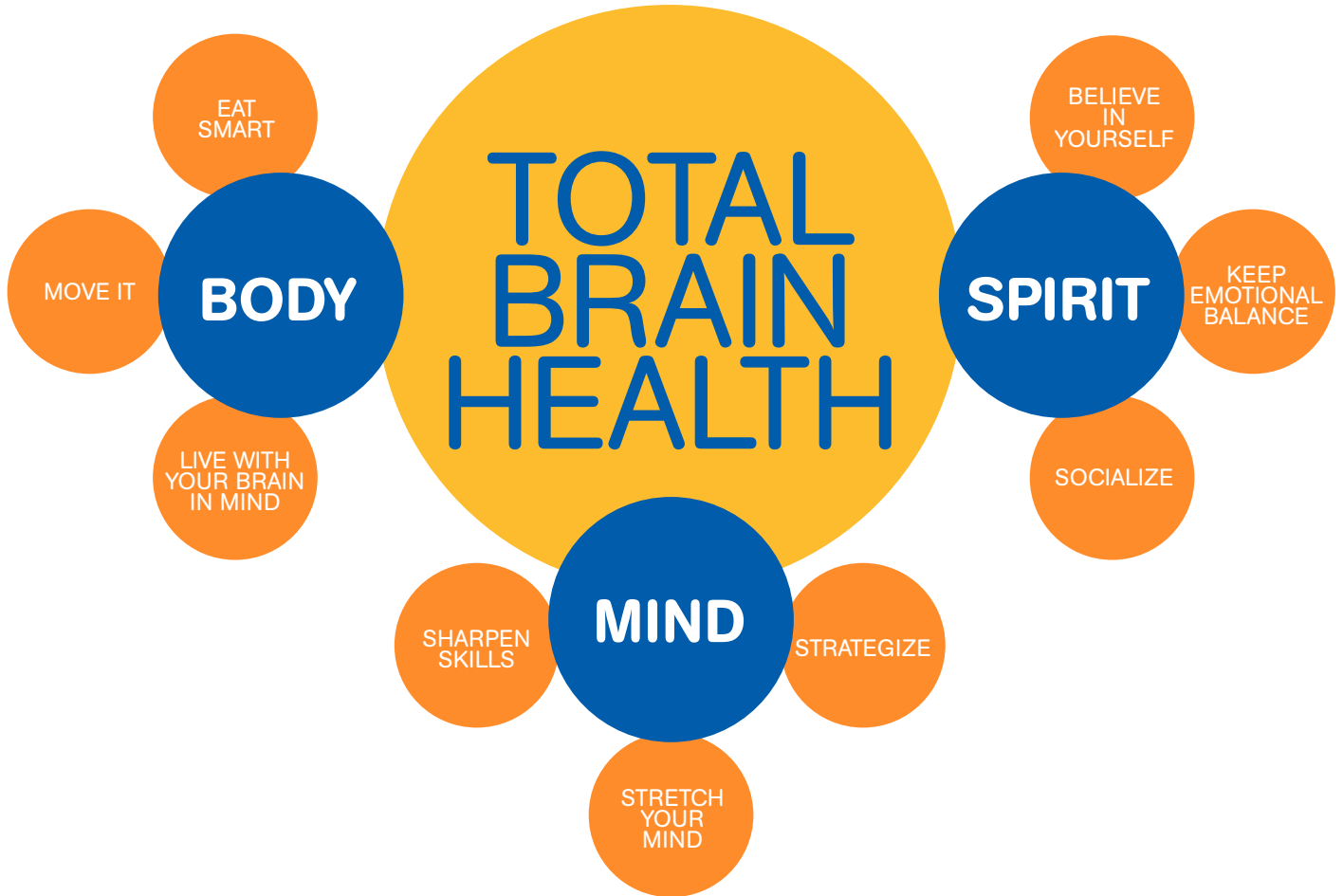


# TOTAL BRAIN HEALTH BLUEPRINT



Our **TBH BLUEPRINT** is the foundational wellness roadmap behind every TBH course. Use it as a roadmap to guide you to the activities proven by research and recommended by the experts to boost daily thinking and long-term brain vitality.

**BODY.** Staying physically fit, healthy dietary habits, as well as managing everyday choices such as sleep and medications, help sharpen intellectual performance and have been linked to lowered dementia risk.

**MIND.** Cognitive training can revive skills diminished by age, such as attention, quick thinking, multi-tasking and reasoning. Continued creative and intellectual challenge as well as strategies to enhance memory also have proven to be critical to cognitive vitality.

**SPIRIT.** Strong, satisfying social ties, emotional balance and confidence in one's ability to improve memory and brain vitality have been tied by research to better cognitive health.