

WAYS TO TAKE CARE OF YOUR HEART AND BRAIN



MOVE!

FACT: BEING ACTIVE IS ONE OF THE BEST THINGS YOU CAN DO TO HELP YOUR HEART AND BRAIN BE HEALTHY.

ACT: GIVE YOUR HEART A WORKOUT. DO 10 JUMPING JACKS OR TOE TOUCHES. CAN YOU TELL IF YOUR HEART IS BEATING FASTER?



SNOOZE MORE!

FACT: SLEEP HELPS YOUR BRAIN WORK BETTER, YOUR BODY BUILD MUSCLE AND YOU FEEL BETTER!

ACT: SET A GOAL TO GET 10-11 HOURS OF SLEEP EVERY NIGHT THIS WEEK.



EAT WELL!

FACT: FOOD = MOOD. THAT'S RIGHT, WHAT YOU EAT CAN AFFECT HOW YOU FEEL! CHOOSE HEALTHY FOODS TO GIVE YOUR BRAIN A BOOST AND KEEP YOUR HEART HEALTHY.

ACT: WRITE DOWN 3 HEALTHY FOODS TO EAT THIS WEEK.



CHOOSE WATER!

FACT: WATER HELPS YOUR HEART PUMP BLOOD MORE EASILY AND DELIVER OXYGEN TO YOUR BRAIN AND ALL THE CELLS IN YOUR BODY.

ACT: MAKE A PROMISE TO DRINK WATER THIS WEEK INSTEAD OF SUGARY DRINKS, LIKE SODAS.



STRESS LESS!

FACT: YOU CAN FEEL CALMER AND MORE RELAXED BY DOING THINGS LIKE TAKING DEEP BREATHS, GETTING ACTIVE AND EVEN GIGGLING.

ACT: TRY GIGGLING FOR 10 SECONDS OR TAKING 5 SLOW, DEEP BREATHS. HOW DO YOU FEEL?



MUSIC AS MEDICINE!

FACT: DEPENDING ON THE TEMPO, MUSIC CAN RELAX US (SLOW OUR HEART RATES) OR GIVE US ENERGY BOOSTS. IT MAY EVEN HELP REDUCE PAIN!

ACT: TRY EXERCISING WHILE PLAYING SOME UPBEAT MUSIC. PLAY SOME RELAXING TUNES BEFORE BEDTIME.