

# BRAIN FITNESS

## Your Guide to Good Brain Health



1

### PROTECT YOUR HEAD

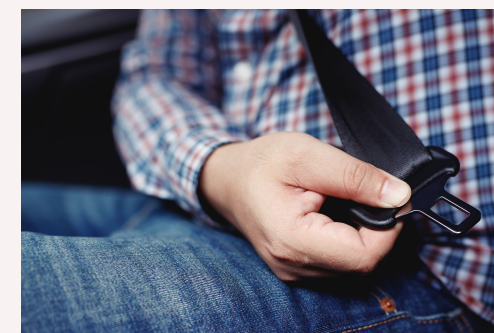
Whether you are biking, skating or skateboarding, your helmet will protect your head if you fall.



2

### LOOK BOTH WAYS BEFORE CROSSING THE STREET

Accidents do happen and you can't be wearing your helmet all the time.



3

### WEAR YOUR SEAT BELT

In a car, truck or airplane, your seat belt will help protect your head and brain from injury.



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### STAY AWAY FROM ILLEGAL DRUGS

Although damage done by some drugs can be reversed, some drugs may change brain function permanently



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### KNOW THE RISKS INVOLVED WITH SPORTS

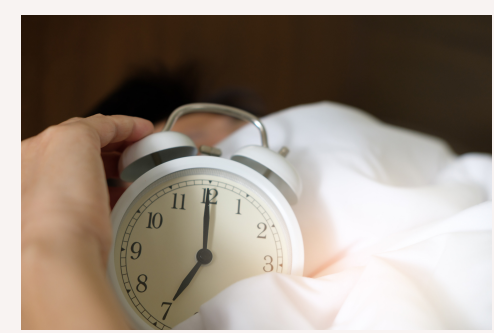
Always wear your safety equipment properly and be in good physical condition for your sport.



6

### EAT RIGHT

Your brain needs energy to work its best.



7

### GET ENOUGH SLEEP

Sleep is essential for your overall health.