

## Exercise Your Brain

### What?

There is no better way to celebrate back-to-school month than to encourage learning! Stimulating the brain is important for maintaining mental strength and awareness. Post-school life often results in increased work without the opportunity to learn new things. Our brains should never stop learning, so use this month to work up a mental sweat! Remember, taking care of your brain is just as important as taking care of your body.

### How?

Choose one fun fact or something that interests you each day. Display it on your desk at work or somewhere at home where you can see it, such as on the fridge. At the end of the day make sure to reflect on what you have learned. Writing down your fun fact instead of relying on memory can help promote learning. Studies have also shown that handwritten notes are more effective than using an electronic device. Experiment to find which way is best for you.

### Why?

For years it was commonly believed that as we aged the connections in our brain became fixed. These connections are what allow us to learn and store memory. Research has now shown that the brain never stops changing and making new connections. Continued mental exercise helps the mind stay sharp and can provide a sense of personal fulfillment. You might be done in school, but you are never done learning. Challenge yourself this month, and exercise your brain!