

BRAIN POWER

Best Foods to Fuel Your Brain

Fuel your brain with the right nutrients for sharper focus and lasting energy!

Omega-3 fats from salmon, walnuts, and avocado support memory and learning, while leafy greens and berries provide **antioxidants** plus **vitamin C** and **vitamin K** to protect and nourish brain cells. Whole grains and beans deliver steady fuel along with **B vitamins** to power concentration, and staying hydrated with water helps your brain stay clear and alert.

1

Fatty
Fish

2

Berries

8

Nuts,
Seeds
& Beans

3

Whole
Grains

4

Green,
Leafy Veggies

7

Water

6

Tea
&
Coffee

5

Dark
Chocolate



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Mental Health Benefits of Physical Activity

While most of us are familiar with the physical perks of staying active, like better heart health and weight control, the psychological benefits of exercise are just as important. Whether you're looking to clear your head, manage stress, or even sharpen your memory, exercise can offer a wide range of mental rewards.

1

Reduces
Stress

2

Boosts Mood

8

Supports
Focus,
Memory
& Clarity



3

Relieves
Anxiety

4

Builds
Social
Connection

Improves
Sleep

7

6

Lowers
Risk of
Depression

5

Enhances
Self-esteem