



### **Become intentional about brain fitness this summer.**

Avoid the summer brain drain by joining the [Great Brain Gain](#) movement and becoming intentional about brain fitness!

### **What is the Great Brain Gain?**

Our brain is one of the most modifiable parts of our whole body. Like our muscles, the brain can be strengthened over time. While many people know their brain can improve, they often don't know what they can or should do to take action.

Instead of focusing on brain DRAIN, become empowered to improve and strengthen your brain's fitness through daily habits that make a difference – it's the Great Brain Gain call to action!

Center for BrainHealth has developed a family-friendly toolkit for the summer, when students are out of school and the "summer slide" looms.

### **Five Ways to Focus on Brain Gains This Summer**

#### **#1 TAKE THE [QUIZ](#)**

Are your daily habits TOXIC? What you do in daily life makes a difference in your long-term brain health. Answer 8 quick questions to find out how helpful or harmful your everyday habits are for your brain health and wellness.

#### **#2 JOIN THE TEXT CHALLENGE**

Join our 7-day text challenge – Simply text **GAIN** to **888-844-8991** and get daily brain-healthy tips to help you:

- Improve focus
- Increase "aha!" moments
- Reframe mistakes or challenges
- Find your brain's "prime time"
- Improve memory
- Spark curiosity
- Enhance mental flexibility

#### **#3 EXPLORE YOUTH AND FAMILY [RESOURCES](#)**

Keep young brains active:

- If you have kids ages 8-17, approach your parenting in a new way with Parenting Minds™ – enjoy a two-lesson preview to start your BrainHealthy Parenting journey.
- Give your 6th-11th grader a SMART Edge – a summer camp featuring eight days of SMART brain training tailored to adolescents (July22-August 1).
- Learn how teachers can transform their classroom when trained to understand the developing brain, build skills in critical thinking and reasoning, and optimize student learning. Check out the Adolescent Reasoning Initiative.

#### **#4 ADOPT OUR SUMMER [KNOW BRAINERS](#)**

Inspire positive habits with Know Brainer tips for families – actionable insights and tips with a little science.

#### **#5 TAKE SIMPLE STEPS AT WORK**

The [Brain Gain Workplace Challenge](#) is a FREE 4-week call to action for your company, team, ERG or working group. Each week, participants get science-backed tips and strategies to optimize productivity, maintain mental energy, prioritize tasks and more. Weekly surveys gauge the impact, ensuring you team gains the most from this challenge.