

New on Staying Sharp:

Brain Health 101

Challenge Workbook

Once you activate Staying Sharp and complete the new Brain Health 101 Challenge, you'll be able to access a 24-page companion workbook.

The workbook takes you through the six pillars of brain health – ongoing exercise, eating right, engaging your brain, restorative sleep, managing stress and being social – to help you set and meet new goals for a lifetime.



Workbook Table of Contents

Welcome	Move beyond the Brain Health 101 Challenge
Ongoing Exercise	Make progress starting with small goals
Eat Right	Add brain-healthy foods to your diet
Engage your Brain	Keep your mind active and alert
Restorative Sleep	Improve your sleep habits
Manage Stress	Reduce anxiety and stressors
Be Social	Build more relationships and social interactions
Brain Health for Life	Keep going and growing

The Brain Health 101 Workbook includes interactive logs, charts, diaries, quizzes and more to help you establish goals and track progress in each Brain 101 Challenge pillar. You'll also find helpful checklists and facts that will inspire and motivate you.

The idea is to take small steps, then build on those. Here's an example of how you will integrate brain-healthy activities into your life:

Start Small, Start Today

	Let's begin – Initial goals	Keep going – Next goals
<i>Example exercise:</i>	<i>Take a 10-minute walk today.</i>	<i>Within 30 days, build to 3 walks/week, 30 min. each.</i>
Exercise		
Eat		
Engage		
Sleep		
Stress		
Social		



You'll also find helpful links for additional activities and tools in the [Brain Health 101 Challenge](#).