

Healthy Brain

There are many things that you can do to have a healthy brain. One of them is to ;

Exercise;

Find time to have playtime. Get up off the couch and go for a walk. You can also get exercise by riding your bike or playing basketball or soccer.

Good Nutrition;

Eat foods that provide a high source of potassium and calcium. Eating plenty of fresh fruits and vegetables. Don't forget to include 8 glasses of water every day.

Continue to learn new things;

Challenge your self by trying new things. Try doing crossword puzzles, playing a musical instrument, making art.

Make wise Decisions;

Don't drink alcohol, take drugs or use tobacco.