



June Feature Take Care of Your Brain

Regardless of your age, gender or which walk of life you come from, it is always a good time to think about keeping your brain healthy. Remember, your mind and brain need TLC too. Get mental stimulation, physical exercise, quit smoking, improve your diet and blood pressure.

We all know the importance of physical fitness in keeping us healthy and resilient through our lives. What you may not know is that mental fitness is equally important. For tips on taking care of your mental fitness read [Four Pillars of Mental Fitness](#).

If you need tips to boost your mind, visit the infographic [5 Ways to Boost Your Mental Energy](#) and read the article [How Staying Active Helps Well-Being](#).

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