



Week 1: Brain Health and Fitness; Social Wellness

For week 1 of our challenge we want to talk about brain health, fitness, and how building positive social wellness habits can help you to stay healthier mentally and physically. Exercise is important for your body but did you know it also benefits your brain? And did you know that there are exercises you can do to “work” your brain? We are talking about two different things here—first, physical exercise boosts brain health by decreasing feelings of anxiety, improving your focus and concentration, promoting the growth of new brain cells, and protecting your brain from aging and neurodegenerative diseases. Second, in addition to physical exercise, you can also work your brain by challenging it with games like crossword puzzles, Sudoku, card games, math games, memory games, and lots more. Here are some links to videos and websites to encourage and help you:

1. [Tips and Tricks from the Cooper Fitness Files - How Exercise Helps Improve Memory and Cognitive Function \(cooperaerobics.com\)](https://www.cooperaerobics.com/tips-tricks-from-the-cooper-fitness-files-how-exercise-helps-improve-memory-and-cognitive-function)
2. [Exercise Program to Bolster Your Brain - Video \(cooperaerobics.com\)](https://www.cooperaerobics.com/exercise-program-to-bolster-your-brain-video)
3. [CooperAerobics - Agility Ladder Exercises for Brain Health](https://www.cooperaerobics.com/agility-ladder-exercises-for-brain-health)
4. [Cooper Aerobics - Fun 30-minute Family Fitness Games](https://www.cooperaerobics.com/fun-30-minute-family-fitness-games)
5. [Brain Games: 10 Best Brain-Training Games for Adults, Kids, and Seniors \(verywellmind.com\)](https://www.verywellmind.com/brain-games-10-best-brain-training-games-for-adults-kids-and-seniors-2795878)
6. [7 Free Brain Games Online That You Haven't Tried Before \(thehealthy.com\)](https://www.thehealthy.com/7-free-brain-games-online-that-you-havent-tried-before)