

Hello from Total Brain Health!

Welcome to your **TBH BRAIN PLAYS ON-THE-GO** program. We at Total Brain Health are excited to partner with you as you bring better cognitive wellness to your community.

TBH BRAIN PLAYS ON-THE-GO provides you with all the materials you need to lead small group, express brain training in your community. You'll find 100 scripted TBH Brain Plays from across all the TBH Toolkit courses you can use anytime, anywhere to engage everyone in a fast-paced, brain-boosting session.



The TBH Brain Plays target cognitive skills such as attention, speedy and nimble thinking, and memory. Research shows that training these abilities can help us maintain and even improve our cognitive performance. You can find a complete list of the cognitive skills targeted across the TBH Brain Plays in our TBH Thinking Skills graphic.

Each TBH Brain Play includes:

- A scripted, 5-minute small group workout
- A printable take-home worksheet students can use to continue training on their own

You can use the TBH BRAIN PLAYS as often as you'd like across a variety of settings, including:

- Add-on after fitness brain boosting sessions
- Fast icebreaker exercises to wake up the neurons
- Social hour kickoffs to get everyone connected and engaged
- Afternoon hallway "brain snacks" for sharper thinking

There are no limits to the cognitive training fun!

Please feel free to email us at info@totalbrainhealth.com for additional support, or to share what you have learned as a TBH trainer. We love to hear from you.

Here's to building better brains, together!

The Team at Total Brain Health