



WELCOME TO YOUR TOTAL BRAIN HEALTH COURSE!

Hello from Total Brain Health! We are excited to be part of your journey to better cognitive wellness.

The **TBH BRAIN WORKOUT 1.0** course is your guide to building better focus, sharper thinking, and improving your overall well-being. Developed by Dr. Cynthia Green, a leading cognitive wellness expert and author, the course gives you:

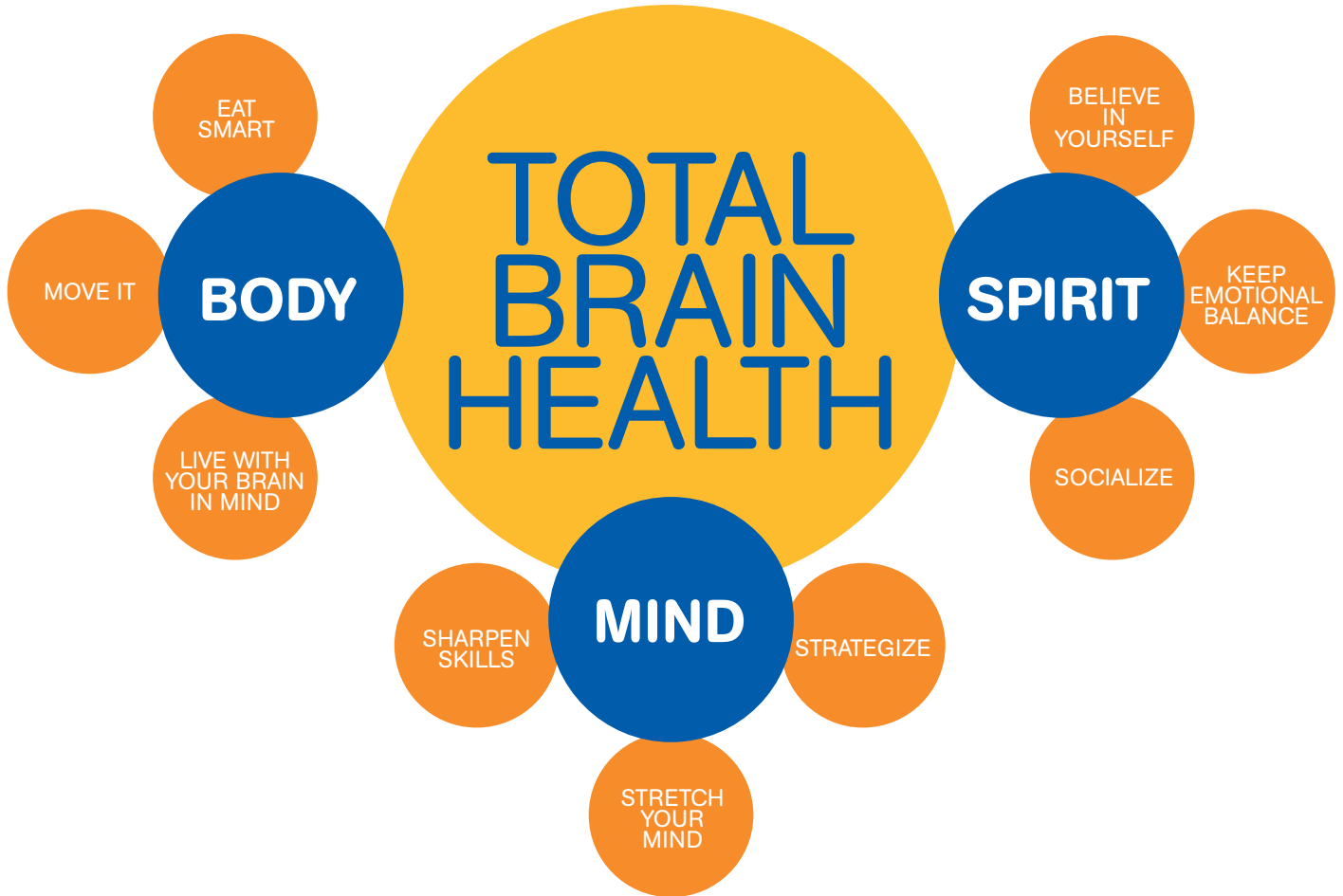
- ✓ **TRAINING IN THE CUTTING-EDGE SCIENCE** behind what it takes to boost everyday intellectual skills such as attention and memory, promote long-term brain vitality, and achieve better wellness.
- ✓ **HIGH ENERGY WORKOUTS** that let you experience first-hand the many varied ways you can build better cognitive fitness into your daily routine, no matter your age or ability.
- ✓ **SOCIAL-BASED TRAINING** that boosts everyday thinking skills as well as deeper connections with your classmates. Have fun and learn together while you collaborate, problem solve and even compete (but only in a friendly way!).

We hope you enjoy being part of the Total Brain Health course. Please feel free to email us at info@totalbrainhealth.com and share what you have learned as a TBH student. You can also complete the **TBH Student Survey** with your trainer or on our website (tbhtoolkits.com). We would love to hear from you!

Here's to building better brains, together!

The Team at Total Brain Health

TOTAL BRAIN HEALTH BLUEPRINT



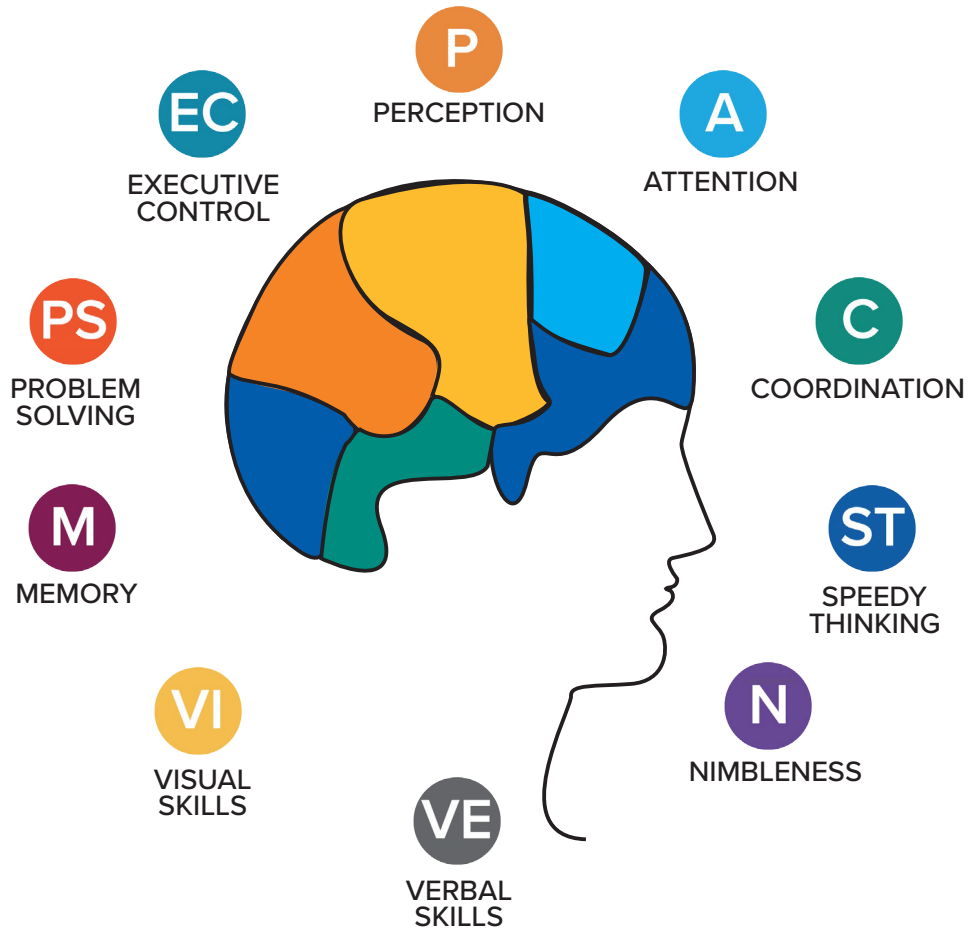
Our **TBH BLUEPRINT** is the foundational wellness roadmap behind every TBH course. Use it as a roadmap to guide you to the activities proven by research and recommended by the experts to boost daily thinking and long-term brain vitality.

BODY. Staying physically fit, healthy dietary habits, as well as managing everyday choices such as sleep and medications, help sharpen intellectual performance and have been linked to lowered dementia risk and to better well-being for those living with dementia.

MIND. Cognitive training can revive skills diminished by age, such as attention, quick thinking, multi-tasking and reasoning. Continued creative and intellectual challenge as well as strategies to enhance memory also have proven to be critical to cognitive vitality.

SPIRIT. Strong, satisfying social ties, emotional balance and confidence in one's ability to improve memory and brain vitality have been tied by research to better cognitive health and overall well-being.

TBH THINKING SKILLS



Research shows that training in intellectual skills can help us better maintain everyday functioning. Each **TBH TOOLKITS** class highlights the cognitive skills you will be building in that session, including:

Perception Accurately sensing our world.

Attention Our ability to hold focus.

Coordination Moving quickly and nimbly.

Speedy Thinking Quick thinking.

Nimbleness Our ability to multi-task.

Verbal Skills Speaking fluently.

Visual Skills Seeing the world accurately.

Memory Learning & recalling information.

Problem Solving Reasoning & resolving.

Executive Control Judging our world accurately and respond appropriately.