



COURSE OVERVIEW

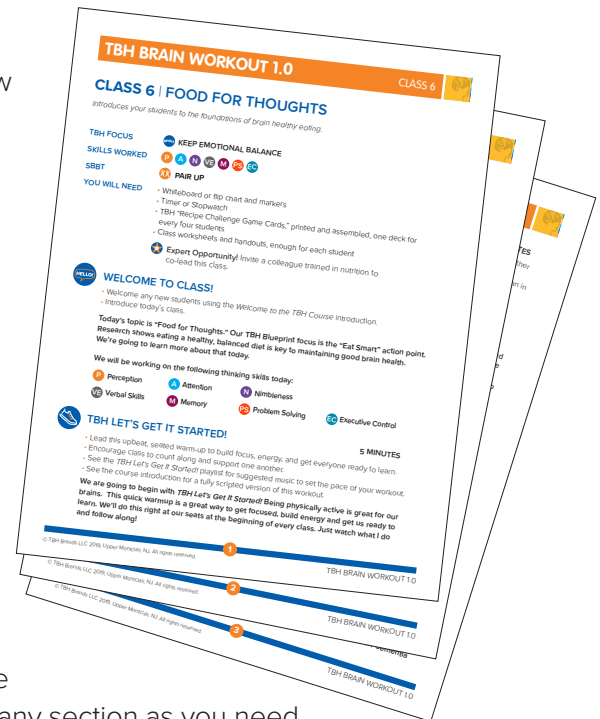
The **TBH BRAIN WORKOUT 1.0** course offers 24 classes that teach how we can adapt lifestyle habits to sharpen daily intellectual performance, reduce dementia risk and improve brain vitality. The classes follow our **TBH BLUEPRINT**, which is used as an organizational touchpoint throughout the program. The course offers:

- ✓ **Continuous Delivery.** Developed for continuous, ongoing delivery across your calendar, **TBH BRAIN WORKOUT 1.0** includes uniquely designed class training exercises that provide different student experiences each time they are taught.
- ✓ **Flexible Class Times.** Our building block class design gives you the option of shorter class times. Skip the opening or closing warmups to deliver an “express” class when it better suits your calendar or client needs. Use the suggested times found for each class section to “build” a class that suits your available time slot. Keep in mind that these times may vary based on your class size or student participation, and that you can limit or extend the time for any section as you need.
- ✓ **Flexible Class Sizes.** The recommended class size for this course is 10 to 15 people, especially as you first begin teaching the program. You can run the course with as few as 6 or as many as 20 participants, allowing you to accommodate attendance numbers that may vary week to week. Our program adapts well to smaller group sizes that may be needed for physical distancing when holding classes in person.
- ✓ **Flexible Delivery Models** so you can teach in-person small groups, provide hallway training using the printable worksheets and handouts, or offer online coaching with video conferencing technology. You can even teach hybrid classes using a combination of delivery options at the same time. Everything stays social with students interacting together wherever their location.

Each **TBH BRAIN WORKOUT 1.0** class includes the following materials:

INTRODUCTORY SECTIONS. These sections help orient and prepare you to teach the class:

- **Class Title.** The title of the TBH BRAIN WORKOUT 1.0 class.
- **Class Description.** A brief description of what you will be doing with your students.
- **TBH Focus.** The TBH Blueprint pillar and action point that will be covered.
- **Skills Worked.** The intellectual skills targeted by the class workout.
- **SBBT.** The Social-Based Brain Training methodology you will be using.
- **You Will Need.** The materials you will need to teach the class.
- **Expert Opportunity!** Identifies opportunities to invite someone with topical expertise to co-lead the class.





SCRIPTED COURSE SECTIONS. The teaching sections of the course include a bulleted overview as well as suggested scripting. We strongly recommend using the scripting for guidance as you find your own voice in teaching the course material. Includes suggested time lengths for guidance.



Welcome to Class! A brief introduction to the class topic, the TBH BLUEPRINT action point, and the skills that the students will be working.



TBH Let's Get it Started! A seated physical warm-up that begins each class to prime focus, boost energy and get the group ready to learn together. Includes a suggested music playlist.



Brain Play. A timed cognitive warm-up that builds attention, processing speed, nimbleness in addition to other cognitive skills, as well as group connection.



Learn the TBH Science. An overview of the scientific rationale behind the class workout.



Now Do It! The SBBT group training workout that personalizes students' learning of the science.



TBH Takeaway. A brief wrap-up to end class and encourage continued practice of the **TBH BLUEPRINT** action point lifestyle activity.



TBH Take A Breath. Our signature TBH relaxation cool-down, with affirmations tied to the class topic. Includes a suggested music playlist.



Coming Up Next. An invitation and reminder to join the next TBH BRAIN WORKOUT 1.0 class.

CLASS RESOURCES SECTION. Found at the end of each class, this section lists the class worksheets, handouts and includes external links to any additional suggested support materials.