Healthy Body, Healthy Mind

Research shows that a healthy body has a positive effect on your brain's health and performance.

Here are some simple tips to improve brain health:

"Don't Sweat It"

10-20 minutes of physical activity is enough to boost mental acuity - maybe walk to work, or go for a walk at lunch time

"iHunch"

Check your posture, change your brain - being hunched at your desk is not only bad for your back but also affects oxygen intake - take a moment to stretch your back and arms and take a big deep breath - your brain loves all the oxygen!

"Water of Life"

A 2% drop in hydration can have a significant effect on brain function - try adding a glass of water before breakfast and with your lunch to keep yourself hydrated.

"Happy Food Happy Mood"

Food is the raw material for natural opiates such as endorphins. Think about adding one piece of fruit of vegetables to your diet today - small change can have a big impact!