

## Health Topic Emails

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### BRAIN HEALTH

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#### How to use this email:

**Copy and paste this content into an email to help your employees be good to their brains! Share simple steps they can take to improve their brain health now and into the future.**

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#### Subject Line

Keep your brain healthy

#### Headline

**Give your brain a boost**

#### Body

The brain oversees almost every aspect of our bodies. But as we get older, our brain function can begin to decline. The good news is there are simple steps you can take to improve your brain health today and into the future.

- **Exercise regularly.** [Regular exercise](#) has been shown to increase development of new brain cells and lower the risk of Alzheimer's and other dementias. More exercises can be found [here](#).
- **Mix it up.** Look for [new activities and opportunities](#) to stimulate your brain. Learn a new skill, play a new game, or study a new language.
- **Eat brain-healthy foods.** Try to limit refined sugar and processed foods in your daily diet and focus on fresh, whole plant-based foods to help [improve brain health](#).

Be good to your brain. [Go online](#) for more inspiration.