

# BRAIN FIX

## THE WORKBOOK

Presented By  
Connie Ragen Green

# Introduction

The brain is a marvelous, complicated thing.

We have studied it for centuries, but it still holds so many mysteries. While we might not know everything (or even close to it) about the brain, we know how important it is.

Your brain controls everything. If you lose it, you lose yourself.

As important as it is, we often overlook it. We diet to lose weight and exercise to stay healthy, but how often do you think about eating or exercising for brain health?

This workbook isn't a cure-all for your brain, but it is an excellent start if you want to keep your mind as sharp as possible. If that sounds like something you are interested in (spoiler alert: it is!), keep reading.

# FEED A HEALTHY BRAIN

Paying attention to your diet is one of the best things you can do for your brain. Do you know which foods are brain healthy? Put a check mark beside the foods you think are brain healthy.

<input type="checkbox"/>	Potato chips	<input type="checkbox"/>	Fatty Fish
<input type="checkbox"/>	Coffee	<input type="checkbox"/>	Sugary sweets
<input type="checkbox"/>	Blueberries	<input type="checkbox"/>	Turmeric
<input type="checkbox"/>	Refined carbs	<input type="checkbox"/>	Virgin Olive Oil
<input type="checkbox"/>	Broccoli	<input type="checkbox"/>	Trans fat
<input type="checkbox"/>	Dark Chocolate	<input type="checkbox"/>	Highly Processed Foods
<input type="checkbox"/>	Nuts	<input type="checkbox"/>	Oranges
<input type="checkbox"/>	Eggs	<input type="checkbox"/>	Aspartame
<input type="checkbox"/>	Green Tea	<input type="checkbox"/>	Alcohol
<input type="checkbox"/>	Avocados	<input type="checkbox"/>	Red Meats

*You can find the answers on the next page.*

# Brain Healthy Food Answers

- Fatty fish
- Coffee
- Blueberries
- Turmeric
- Virgin Olive Oil
- Broccoli
- Dark Chocolate
- Nuts
- Oranges
- Eggs
- Green Tea
- Avocados

Any surprises on the list for you?

**Note:** The other foods not in the list aren't only not brain healthy, they may be damaging to your brain when not used in moderation.

# HEALTHY BRAIN EXERCISE

Exercise is almost as important as diet when it comes to brain health. Almost any form of regular exercise will help boost your brain function.

In the list below, check off the benefits you think exercise provides your brain.

	Helps prevent dementia
	Improves cognition
	Helps you sleep better
	Helps with depression
	Helps with anxiety
	Increases neurons through neurogenesis
	Improves memory
	Increases oxygen to the brain
	Releases helpful hormones
	Stimulates the growth of new neural connections
	Boosts the size of the hippocampus

*You can find the answers on the next page.*

## Healthy Brain Exercise Answers

Surprise! Every single one of those benefits above are linked to healthier brains.

Sorry for the trick questions, but the fact is there really isn't any drawback to regular exercise.

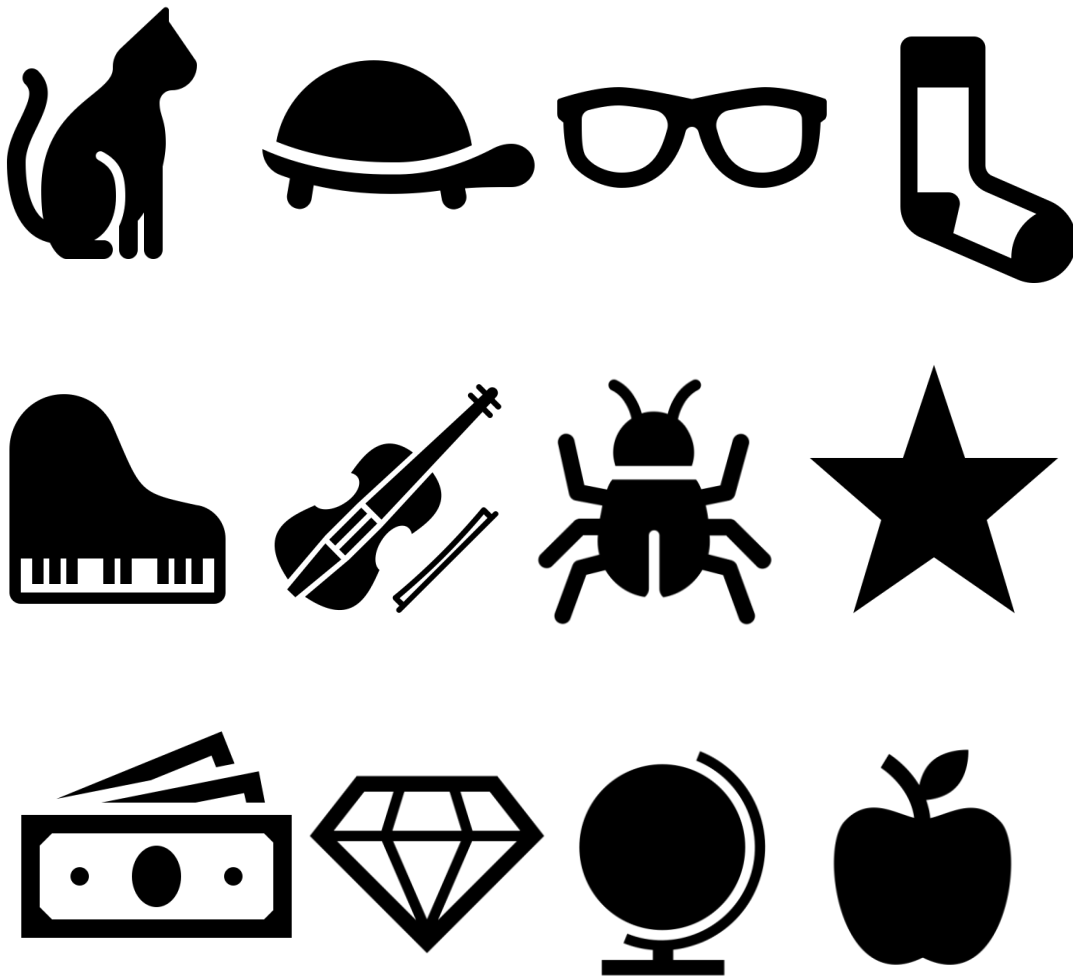
**Note:** The single exception to this rule is if you participate in contact sports and suffer a concussion. This will directly damage your brain.

# BRAIN BOOSTERS

## Memory Recall

Memory is one of the most important aspects of brain health. In fact, many people who want to boost their brain power actually mean they want to boost their memory.

In this exercise, study the images below for a few minutes. Once you feel ready, head to the next page and try to list as many as possible without looking back at this page.



# Memory Recall – List Your Answers

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

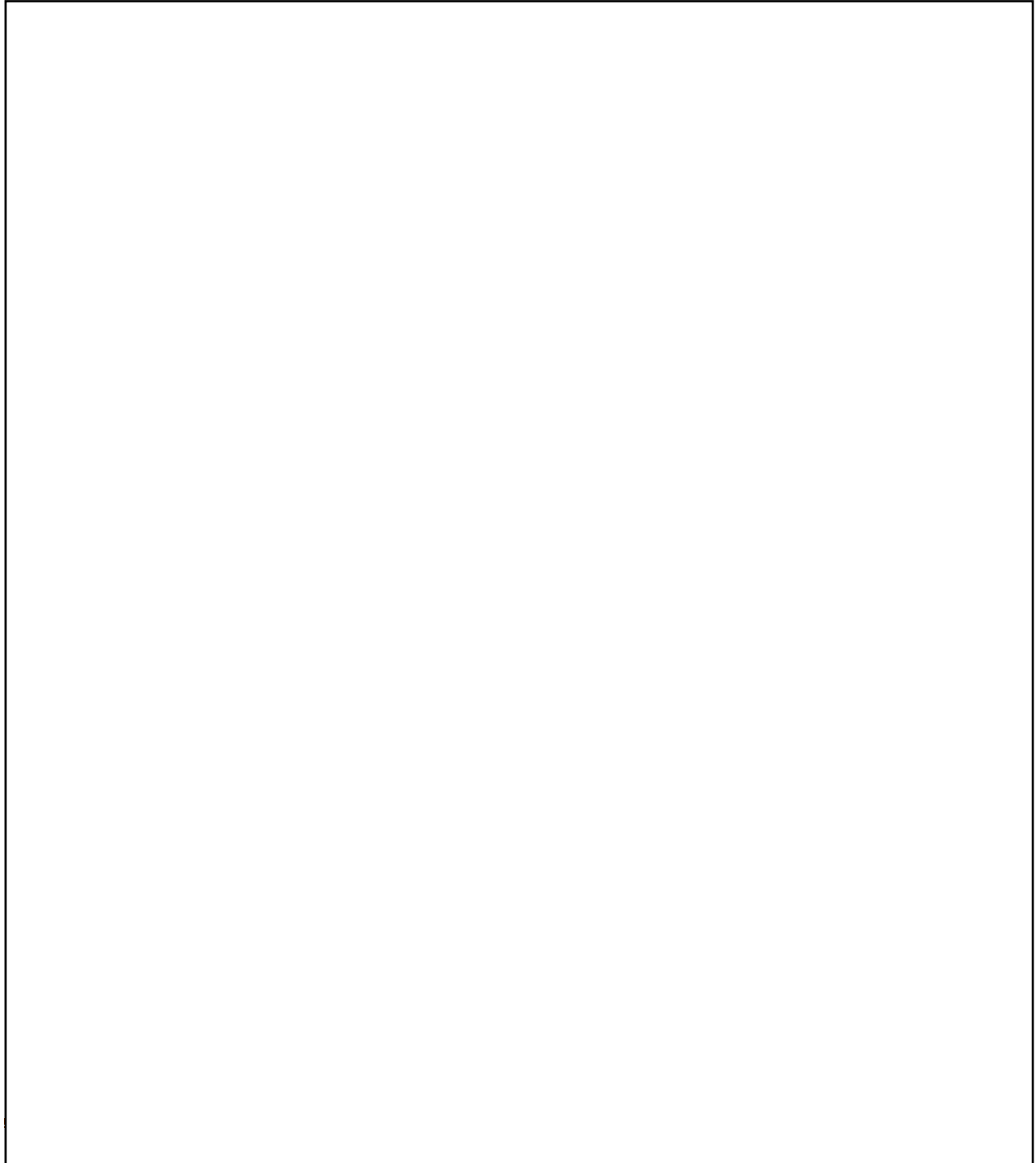
12.

Once you have listed as many of the images as you can, check out the page above and see how you did!



# Write with Your Off Hand

Doing things with your off hand (your non dominant hand) is a great way to stimulate your brain. For some people this will be very tough, but it will get easier with practice. Try to fill the box below by writing only with your off hand.

A large, empty rectangular box with a thin black border, intended for writing practice using the non-dominant hand.

# Try New Things

Trying new things is one of the best ways to keep your mind sharp. The experiences and thought patterns you use while enjoying new experiences will help ensure your brains health.

In this exercise, simply brainstorm a list of new things you could try. Come back and check them off as you complete them.

New Experiences	

# Vocab Boost

[Research](#) shows that many regions of the brain are activated through vocabulary. You can boost your cognitive processing by learning new words. This exercise is essentially a vocabulary journal. When you come across a word (in conversation or reading) that you don't understand, jot it down in the table below, and then look up the definition.

Word	Definition	Use In a Sentence

Word	Definition	Use In a Sentence

# CONCLUSION

No workbook is going to instantly boost your brain ...unless you take it seriously and put in work.

While the exercises inside this workbook are valuable tools, the real lessons are the exercises that happen outside of this workbook.

If you take anything away from this workbook let it be:

- Eat for a healthy brain
- Exercise for a healthy brain
- Experience/Learn new things

These 3 steps alone will help ensure you keep your mind sharp as you age.

Commit to the lessons in this workbook and you will give your mind it's best chance at staying sharp.

To your new, renewed mind!

*Connie Ragen Green*