

The Brain Boost Bootcamp

IMPORTANT TAKEAWAYS

Understanding The Brain and Its Potential

- Every important process inside your body is controlled or influenced by the brain.
- The four components of brain health include cognitive function, motor function, emotional function, and tactile function.
- Your brain health will positively or negatively influence how you think, record, and recall memories. It impacts how you learn new things, perform and control physical movements, interpret the emotions of others, and respond emotionally. It can even impact how you respond to your sense of touch.
- There are five factors you can control that influence brain health. They are:
 - Exercise, Physical Activity
 - Diet, Nutrition
 - Sleep
 - Stress
 - Social Activity
- Neuroplasticity and a large cerebral cortex are a couple of reasons the human brain's potential is believed to be limitless. Your brain can help you accomplish just about anything.

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A Brain-Boosting Lifestyle

- What you eat and drink can affect your brain health negatively or positively.
- Engaging in at least 150 minutes of weekly physical activity that is moderately intense delivers a lot of brain health benefits.
- Healthy sleep habits can dramatically and quickly improve cognitive function and other aspects of brain health.
- Stress is downright deadly. It can wreck your physical and brain health.
- Socializing boosts your brain power. It strengthens multiple mental functions and reduces the chance of developing serious brain health problems.

Brain Training Techniques

- You can improve your intelligence. Whatever level of "smarts" you possess can grow if you take action on what you've learned in this ebook.
- Your brain can store the equivalent of the information in 4.7 billion books. If you don't have the knowledge, skills, or mental

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abilities you want right now, there's plenty of storage space in your brain to learn about anything.

- Cognitive training can significantly improve memory, reasoning, learning new information, thinking, reading, and paying attention.
- You have four major categories of memory, and they can all be improved.
- If you're not the best problem solver, you can change that. Like other mental functions, specific training techniques can benefit and improve your problem-solving skills.
- Working on being more creative is important for optimal brain health.



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