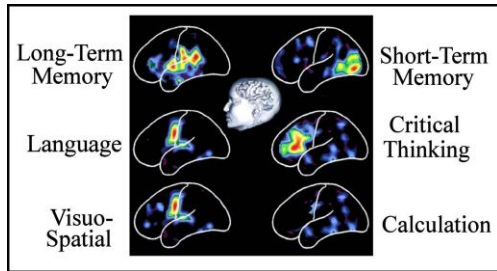
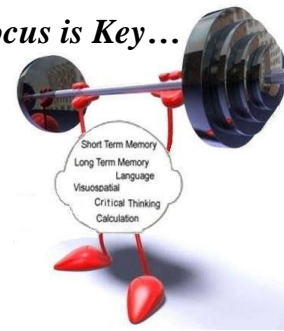


Brain Fitness Education and Exercise

Brain Fitness...Use It OR Lose It!



Focus is Key...



*You can't Remember
Something You Don't Know!*

Stress and memory **DO NOT** get along together. Here, we offer a *counter-action* to stress...

LET'S BREATHE

Sit up straight and comfortably in a chair. Place your hand over your belly button. Breathe in through your nose. As you are breathing in, imagine that there is a balloon in your stomach and, as you breathe in, you are filling the balloon with air. When you exhale through your mouth, the hand on your stomach will flatten.

This Type of *Focused Breathing* brings in fresh oxygen, creating benefits for both the mind and body. It helps a person settle in, settle down, focus, relax, sleep better, and has many other positive effects.

This exercise can be beneficial in many situations:

- Before, during, and after any stress
- When you are tired or are trying to remember something
- When you have been hurried
- Anytime you need to rejuvenate or refresh yourself

Remember to take two or three focused breaths when you need to de-stress or remember something.

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