5 Ways to Shapren Your Mind

You know about the benefits of exercise and physical activity, but what about your mind? Here are five ways to help disrupt your daily routine to benefit your brainpower:

1. **Get your blood pumping—exercise helps your brain, too.**
2. **Address your stress.**
3. **Seek out different perspectives.**
4. **Make sleep a priority.**
5. **Challenge yourself with brain games.**

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