



### COMMON CHARACTERISTICS:

- PREPARED
- CAUTIOUS
- MOTIVATED
- RESERVED
- BUSY MIND
- DIFFICULTY RELAXING

## YOUR PERSONALIZED BRAINFIT PLAN

### ASSESS MY BRAIN

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Your brain health controls everything in your life. In addition to knowing your brain type, we want you to understand the function of your brain and to know your important health numbers. All of this information gives you a baseline from which to measure your brain health progress as you work through the program.

- **Brain Fit WebNeuro**  
This is a scientifically validated assessment that measures your brain function in 4 domains: self-regulation, thinking, feeling and emotion.
- **Know My Numbers**  
Here, you'll find a list of important health numbers (such as weight, blood pressure, BMI, hormone levels, etc.) for you to measure and record, because you cannot change what you do not measure! Once you know your important numbers, you can begin optimizing them, and when you do, you will notice that everything in your life is better.

### MOTIVATE MY MIND

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If you want to feel happier, healthier and have more energy, define your specific motivations to change and review them every day!

- **Visit your One Page Miracle**  
Use this tool to determine what you want and how you will make it happen.
- **Anchor Images**  
Add the pictures that help keep you inspired!
- **Fork in the Road**  
Do this exercise to create a mental picture of your future based on your choices today.
- **Journal My Progress**  
Studies show that people who journal are twice as successful in achieving their goals. Being able to see your progress is a great motivator that will keep you on track and headed in the right direction!

## BRAIN GAMES

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Regardless of your age, your brain has the ability to form new connections and neurons, a phenomenon known as neuroplasticity. In a way, your brain is like a muscle—the more the use it, the stronger it gets! Playing brain games every day will support your memory and focus, ability to shift, mood, resilience to stress, and more!

- Happy Seeker
- MyCalmBeat
- Positive Affirmations
- Mindfulness Meditation
- Thought Tamer

## BUILD MY BRAIN

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Strengthen your body to boost your thinking, memory and focus, and reduce the risk for age-related cognitive decline. Recommended Exercises for Brain Type 5:

- Walk like you're late for 45 minutes, 4 times a week
- Life weights twice a week
- Coordination exercises such as table tennis and dance
- Tai chi, Qi Gong, Yoga

## FEEL BETTER FAST

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Explore and utilize this powerful resource of meditation, hypnosis and music audio recordings as well as exercises to help you maintain control over your thoughts and focus on the positive aspects of your life.

- Hypnosis audios – Anxiety and Peak Performance
- Meditation audios – Kirtan Kryia
- Kill the ANTs
- Brain Enhancement Music Program by Barry Goldstein

## FEED MY BRAIN

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Your brain is the most energy-hungry organ in your body, using 25% of the calories you consume. One of the quickest ways to achieve better brain function is learning the right foods to choose and which foods to lose. Eat right so you can think right!

### **Dietary Recommendations:**

- Your Type 5 brain needs a diet that is balanced in high-quality proteins and complex carbohydrates.
  - When you do eat carbohydrates, make sure they are low-glycemic and high-fiber.
  - This type of diet will help balance your blood sugar, help you focus, and provide the necessary building blocks for brain health.
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## SUPPLEMENT MY BRAIN

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The addition of brain-directed supplements will support your best physical and mental energy levels, making it easier for you to follow a brain-healthy program every day. Dr. Amen recommends the following supplements for Brain Type 5:

- **Brain and Body Power**, which includes:
  - NeuroVite Plus – a comprehensive, powerful multi-vitamin/mineral complex
  - Omega-3 Power – a highly potent and ultra-purified fish oil
  - Brain and Memory Power Boost – our unique formula to support blood flow and connectivity in the brain
- **ProBrainBiotics** – a brain-directed probiotic, because the health of your gut is essential to the health of your brain.
- **Everyday Stress Relief** – to support your brain and adrenals in dealing with stress and promote calm without drowsiness. It contains magnesium, Holy Basil, and Relora® (proprietary plant blend).
- **Vitamin D (if your level is low)** – to support a healthy immune system and moods.
- **Brain Boost on the Go** - Get a boost of concentration wherever you are without caffeine or sugar, plus it helps calm your nerves when stress hits. Simply add to water and enjoy!
- **Brain in Love** or **Brain on Joy** - Healthy chocolate? You bet! Dark chocolate contains hundreds of blissful, health-promoting properties that support a positive mood and healthy cognition. Brain on Joy also has coconut, a super-nutrient food, that nourishes your brain and body, satiating hunger with healthy fats, protein and fiber.

As a member, you receive 15% off of anything you purchase from the BrainMD Health store! Receive an additional discount on supplements by enrolling in the auto-shipment plan.

## BETTER TOGETHER

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There's power in numbers and BrainFitLife was designed to help you connect with a support system of people who want to live brain healthy lives too.

- Within your BFL community you will find support, accountability, and friends to experience good and bad times with. In fact, people are 50% more successful at improving their health and weight if they work with others rather than alone!
- Influence others! The more you give the lessons of this program away and teach other people the concepts that you are learning in BrainFitLife, the more they will become solidified in your own life. that everything in your life is better.

Teach your spouse or significant other, your children and your co-workers, and get your friends to sign up with BrainFitLife as well. Doing so will create a stronger social support network that will elevate your own personal success!