

# Join The Breathe To Unwind Challenge

for a chance to win one a Fit-Bit! (25 Lucky Winners)

*Learn quick, effective breath work to melt away stress, restore mental clarity and much more.*

**Oct 1 - Oct 31**

## Here is how it works

Complete the activities below in your Total Brain account between Oct 1 - Oct 31, for a chance to **win a Fit-Bit - There will be 25 lucky winners!**

1. Take (1) one Total Brain assessment
2. Complete (4) four Total Brain exercises
3. Submit the optional challenge survey (emailed the last week of the challenge)

## Start the Challenge

**Access your free Total Brain account:**

on desktop: visit [Totalbrain.com/fulton/](https://Totalbrain.com/fulton/)

Or download the Total Brain app from the app store or google play, choose 'sign up', then 'sign up for free' and use the access code **fultoncounty**.



Apple



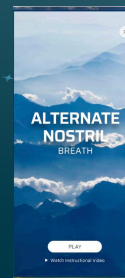
Android

**Questions?** Contact [support@totalbrain.com](mailto:support@totalbrain.com)



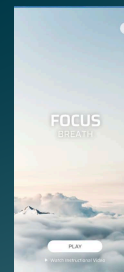
### Breathe Out Tension In Minutes With These Recommended Exercises

To accumulate challenge activities, sign up or log back into your Total Brain account.



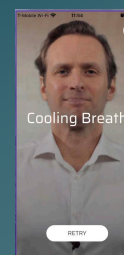
#### ALTERNATE NOSTRIL BREATH

Boost energy and restore balance between the right and left brain hemispheres opening up creativity and decision making.



#### FOCUS BREATH

We experience energy dips every 90 minutes, which can affect our concentration. To combat this, try the Focus Breath technique. After just 2 minutes of this breathing exercise, you can enhance your concentration for up to 2 hours.



#### COOLING BREATH

This technique reduces body heat and cools the nervous system, preparing you for a good night's sleep.