

# Join The Challenge

## Small Steps To Big Change

for a chance to win a Fitbit Charge 4! There will be 25 lucky winners!  
Learn brain hacks to tackle any busy season.

June 1 - June 30

### Have Your Name Entered To Win

Complete these activities in your Total Brain account between **June 1 - June 30** and have your name entered to win **one of twenty five Fitbits**:

1. **Take a Total Brain Assessment.**  
(15 minutes - 1x) Kick-off the challenge by taking an assessment to discover your current strengths and weaknesses.
2. **Complete any 4 Total Brain Exercises.**  
from games, to music, videos or articles.
3. **Submit the "Optional" Challenge Survey.**  
by June 30. The survey link will be emailed during 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

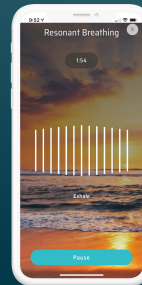


Android



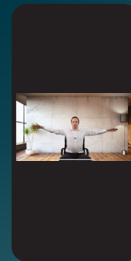
#### Try these recommended exercises

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



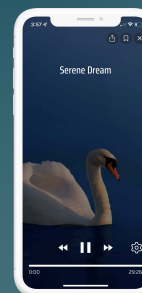
#### RESONANT BREATHING

Prime your brain for the day ahead with this 2-minute breathing exercise. Experience immediate results with increased focus and reduced stress.



#### ENERGIZING SEQUENCE

This movement exercise increases blood flow for strengthened circulation and ignites mood boosters that fight off fatigue and bring on motivation.



#### SERENE DREAM

If you have trouble falling a sleep, try this NeuroTune to help you wind down. A good nights rest helps your body recover and prepare for the day ahead. This calming angelic sound will guide your nervous system into a relaxed state.

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