

Join The Revive & Renew Challenge!

For a chance to win a Fit-bit. There will be **25 Lucky Winners!**

Mar 1 - Mar 31



Have Your Name Entered To Win

Complete these activities in your Total Brain account between **Mar 1 - Mar 31** 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 **Mar 31**. 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/

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**.



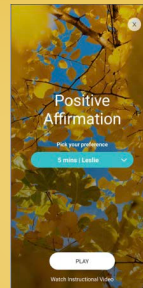
Apple



Android

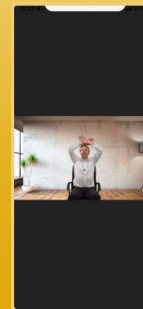
Try these recommended exercises to boost your mental energy!

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



POSITIVE AFFIRMATION

Negative thoughts can drain us. Wake up to this new motivating meditation and claim progress for the day ahead.



ENERGIZING SEQUENCE

Re-claim your energy mid-day and raise energy-promoting neurotransmitters in the brain like dopamine and serotonin with this this movement sequence.



ON COOKING MINDFULLY

Become aware of the nourishing qualities of food and how food can help you re-energize.

Questions? Contact support@totalbrain.com