



Well onTarget®

Health Kit | March 2020

Hello!

Here is your Health Kit for March 2020.

Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

As we age, our brains change along with our mental function. In this month's Health Kit, you'll find information and tools to help you engage your brain and maintain great function.

Poster

Check out this month's poster for some easy actions you can take to keep your brain fit.

[Download Poster](#)

Brain Game

Did you know mental activity is just as important as exercise in keeping your brain fit and healthy?

[Download Game](#)

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Recipe

If you're up to trying something new and different for dinner, this month's recipe is for you!

[Download Recipe](#)

Coaching Moment: Mental Fitness

This month, Coach Dani challenges you to stay mentally fit.

[Watch Video](#)

90-Second Video: Your Brain on Exercise

You know exercise is good for your health, but did you know it's also good for your brain? Watch this short video for more information.

[Watch Video](#)

Podcast: The Truth About Your Brain

Listen to this podcast for three popular myths about the brain and the truth behind them.

[Listen](#)

Additional Information:

[For More Information on Brain Health](#)

Coming up...

Tune in next month for information and tips on food allergies.

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