

January

# WARM UP YOUR "WINTER BRAIN"



STAY  
HYDRATED

FUEL UP  
WITH BRAIN  
BOOSTING  
FOODS

GET  
CONSISTENT  
SLEEP

DO A  
DAILY  
BRAIN  
TEASER

REDUCE  
DIGITAL  
OVERLOAD

MOVE  
EVERY  
DAY

STAY  
SOCIALY  
CONNECTED

DE-STRESS  
DAILY

LEARN  
SOMETHING  
NEW

PRACTICE  
WINTER  
GRATITUDE



[www.ayow.com](http://www.ayow.com)