

**7 Tips
for
Keeping Your Mind
Fit**

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By Brian Healthymind,

Last Updated: Thursday, Feb 02, 2017

>>>IMPORTANT: Getting fit isn't just about exercising the body, it should also be about exercising the mind.... so pay close attention!

When you keep your mind in shape, research suggests you

- live **longer**,
- live **happier**,
- live **successfully**, and
- live with **greater intelligence**.

So, here are a few tips to help you shape up your mind to enjoy the greatest benefits ...

1) Exercise your mind everyday by immersing yourself in something new. **Try new experiences**. Listen to different types of natural sounds (e.g. waterfalls, singing birds, lagoon waves). **Experience new sensations**. Visit places you haven't visited before. Your brain's neurons react positively to fresh stimulus.

2) Increase your intelligence. You're not born a genius; what you focus on can make you a genius. Learn how to radically **improve your IQ** and enjoy the benefits of honing a genius mind!

3) Your mind needs **relaxation and reflection** time to safeguard mental health.

1. Make sure you **'switch off'** everyday to rest your brain.
2. Take a walk **in the park**.
3. Sit **by the river**.
4. **Turn off your computer and phone.**
5. **Relax!** Downtime is crucial to your well-being.

4) Feed your mind with **Sonic Vitamins** by listening to special sounds that will shift your brainwave patterns into positive and beneficial ways of thinking.

5) **Eat nutritiously** so that your mind and body gain all the nutrients needed for optimum health and well-being. A balanced diet should ensure you have all you need but **take a multi-vitamin and mineral every day for added benefit**. Also, make sure you **drink several glasses of water** each day to keep the mind and body hydrated.

6) **Your brain loves a new challenge**. Try **Speed-Reading** or participate in regular **quizzes** or **puzzle-solving** activities.

7) **Move your body!** When you exercise by engaging in any cardiovascular activity such as **walking, running, swimming, cycling,** and **aerobics**, you also increase the flow of blood and nutrients to your brain. This also helps release feel-good endorphins and provides the ultimate natural high.

Your mental health and well-being is important to your happiness and success so keep your mind in shape to enjoy life to the full.

Be the genius you were born to become!

Today's quote:

"Flow with whatever may happen and let your mind be free. Stay centered by accepting whatever you are doing. This is the ultimate." -

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