



Optimizing Brain Health Program

Learn how to optimize cognitive function and reduce your risk of developing a variety of neurological conditions like Alzheimer's disease and Parkinson's. This program includes nutrition interventions focused on research-backed science.



Before you start your program in the Wellbeats platform, review and download the [program resources](#).



| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
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| WEEK 1 | Welcome to Optimizing Brain Health 4 min | Let's Talk Brain Health 8 min | Track everything you eat and drink today. | Track everything you eat and drink today. | Track everything you eat and drink today. | Key Protective Nutrients for Brain Health 7 min | Eat at least 3oz of fish high in omega-3. |
| WEEK 2 | Food Sources for Key Nutrients 6 min | Get nutrients into your diet and do your selected action item. | Get nutrients into your diet and do your selected action item. | Get nutrients into your diet and do your selected action item. | Get nutrients into your diet and do your selected action item. | Get nutrients into your diet and do your selected action item. | Get nutrients into your diet and do your selected action item. |
| WEEK 3 | Low-Glycemic Style of Eating 8 min | How to Eat a Low Glycemic Diet 5 min | Drink 1-2 cups of green tea daily or implement one of the other action items. | Plan a healthy fat for every meal and snack or implement one of the other action items. | Include a protein at every meal and snack or implement one of the other action items. | Swap out high-glycemic foods for lower in your meals or implement one of the other action items. | Wean off sugary beverages or implement one of the other action items. |
| WEEK 4 | Reducing Your Body's Toxic Burden 8 min | Visit the EWG website and make a list of your priorities for reducing toxin exposure. | Go through your skin and haircare products and count your chemical exposure. | Take a Wellbeats fitness class or find a way to sweat. | Download and print the Dirty Dozen list. | Drink half your bodyweight in ounces of water. | Optimizing Brain Health Wrap-up 1 min AND Brain Health Special Considerations 3 min |