



# BRAIN Power Challenge



Just like other parts of our body, our brains can get sick too. When we have a medical illness, we don't view this as a character flaw or personal weakness, nor should we for brain health issues. Over 50 million Americans have diagnosable brain health disorders each year. The **BRAIN Power Challenge** (commonly known as BINGO) is a 4-week challenge meant to support brain health and the importance self-care is for everyone!

## How it works:

- There are four different cards to play with:  
Physically, Emotionally/Spiritually, Financially, and Mentally/Intellectually
- It's easy for kids to participate! The middle column (A) features kid-friendly activities.
- Track your healthy activities on the card by crossing out squares for each activity completed. A "BRAIN" must have five crossed out boxes in a row - horizontally, vertically, or diagonally.
- When you have reached BRAIN, take a **selfie** with your completed BRAIN card and tag #HealthyKnoxville and Knoxville Hospital & Clinics in a Facebook post or email your photo to [info@knoxvillehospital.org](mailto:info@knoxvillehospital.org).
- You can complete up to four BRAIN cards throughout the month. The more cards you submit, the more chances you have at winning a self-care package with items from local businesses.
- Three winners – two adults and one child – will be drawn on June 4.

## Physically

# B R A I N

Try a new exercise.	Purchase a new water bottle to keep at your desk/by your chair.	Fly a kite.	Walk somewhere that you normally would drive.	Order a side salad instead of fries or chips.
Take a daily walk and try a new route each day for one week.	Plant a garden.	Turn on your favorite music and dance for 10 minutes.	Wash your windows to let the beautiful sunshine in.	Walk up and down a flight of stairs 16 times in a row.
Get 7-8 hours of sleep each night for one week.	Spend 30 minutes doing an exercise you enjoy each day for one week.	<b>FREE SPACE</b>	Plan a heart-healthy snack each day for one week.	Participate in the Freedom for Youth 5K on May 8.
Eat a well-balanced diet of 5-7 servings of fruits and vegetables.	Balance on one foot while you brush your teeth - 5x.	Try a sport/activity you have never tried before.	Park in a spot farthest from the door.	Spend 30 minutes doing Yoga three times in a week.
Do sit ups during all of the commercial breaks of your favorite show.	Drink 32 oz. of water each day for one week.	Go for a walk with a family member.	Challenge yourself to run/walk 10 miles in one week.	Try a new healthy recipe.