



The
PTI BUZZ
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Feed your brain with foods that help you focus.

Salmon- full of omega-3's which help build brain power over time.

Nuts- in particular, almonds and walnuts, full of antioxidants are an excellent source for stimulating the brain.

Dark Chocolate- can help keep you alert and focused due to the caffeine, just don't overdue it.

Ginkgo Biloba- even though it is not directly a food, this herb is well known to help people focus.

Blueberries-this superfood contains antioxidants that help improve both memory and focus.

Avocados- great source of good fat and help stimulate the brain.

Challenge a friend to a serious Ping-Pong match and burn 100 calories in 25 minutes!!!

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