

Learn About Your Brain

Healthy brains rely on blood (pumped by your heart) to deliver the oxygen and nutrients that the brain needs. A healthy brain helps you pay attention, solve problems and communicate clearly.

Your brain depends on you!

30 minutes of physical activity 5–7 days a week and a balanced diet can help your brain work better.

What's Good For Your Heart Is Good For Your Brain



Add color



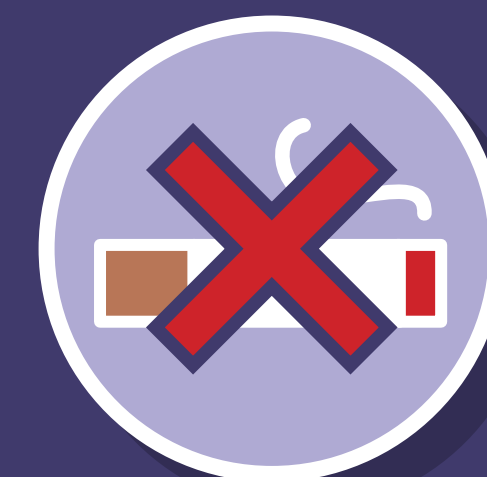
Move more



Be ready



Avoid sugary drinks



Never vape or use tobacco

Your Brain Is Like a Supercomputer — Sort of



Even when you are asleep, your brain is working. It stores your memories and controls your body. But your brain also makes connections, thinks up new ideas, makes decisions and solves problems. That means **your brain changes as you learn new things.**

Fun Fact



An adult brain weighs about 3 pounds. That's only about 2% of an adult's weight, but **the brain uses 20% of the body's energy.** Brains are busy!

Brains in Trouble

A **stroke** is a medical emergency in which your **brain stops working**, often because blood flow is blocked. That means your brain isn't getting oxygen and nutrients. If you act **FAST**, you can help.

These are signs of a stroke—and what to do if you see them:

- F**ace drooping
- A**rm weakness
- S**peech slurred or hard to understand
- T**ime to call 9-1-1 if someone shows any of these signs

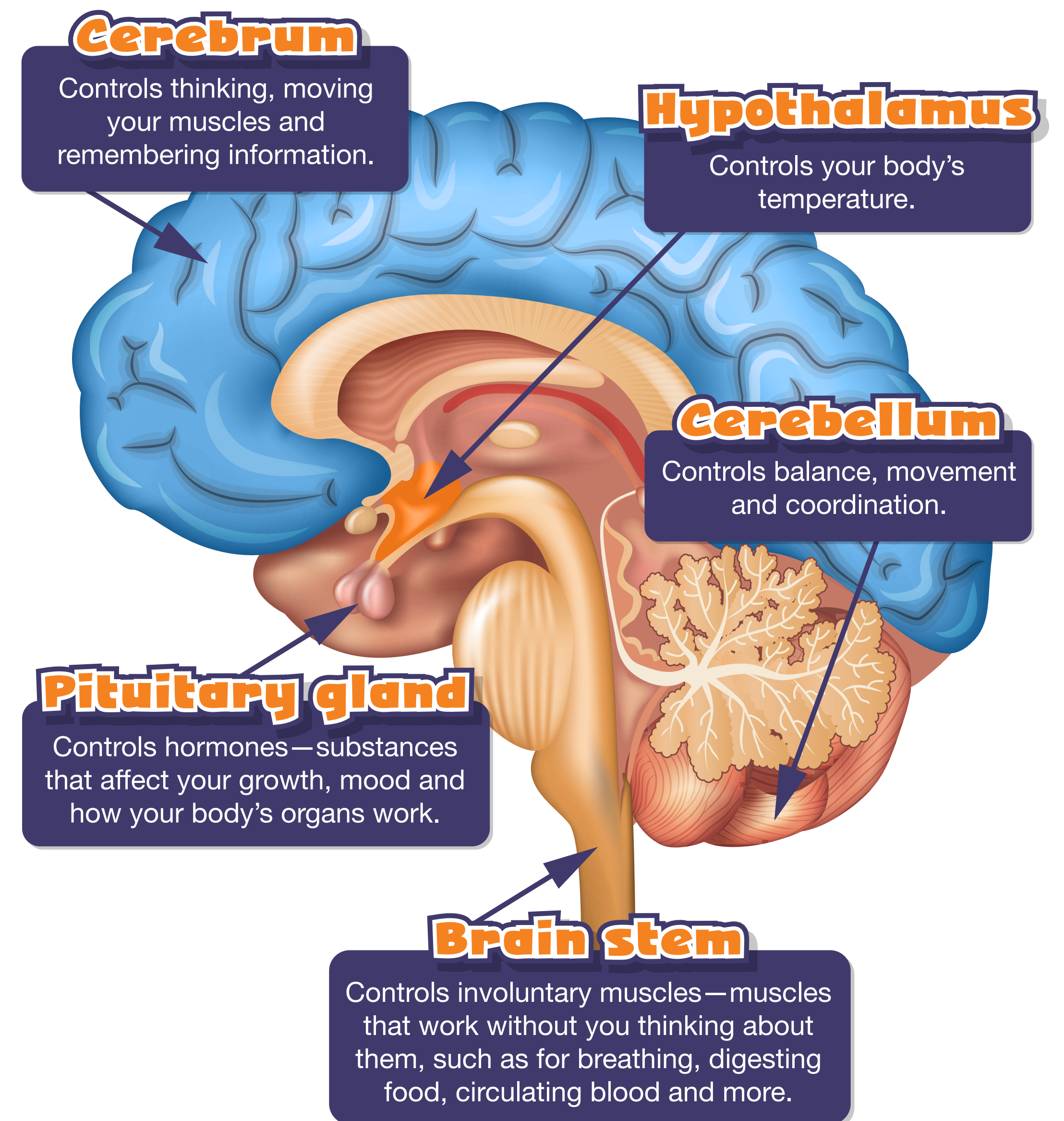
Fun Fact



The human brain is **three times bigger** than the brains of other mammals with similar body sizes.

How Does Your Brain Work?

Your brain has billions of nerve cells. These cells send and receive information all over your body. The brain controls your thoughts, movements, memories and decisions. It's the boss of your body!



Smart Protection!

Your brain is covered by your skull (also called your **cranium**). Your skull has 22 bones that work like a helmet for your brain.

Your brain is also surrounded by **cerebrospinal fluid**. Having your brain "float" in this liquid cushions it and protects it from infections.



American Heart Association.