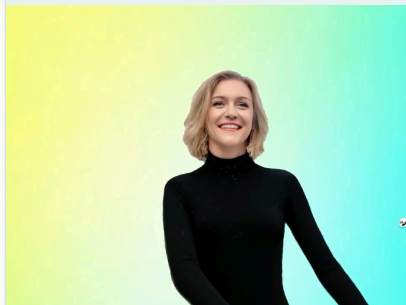


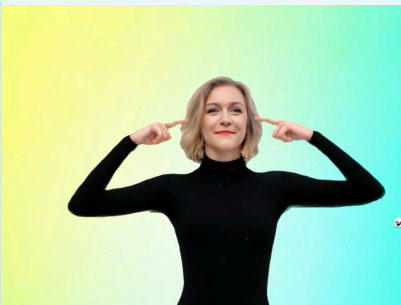
How to do the **Dance.**

Each gesture = one pillar of brain health. Learn it, film it, share it.

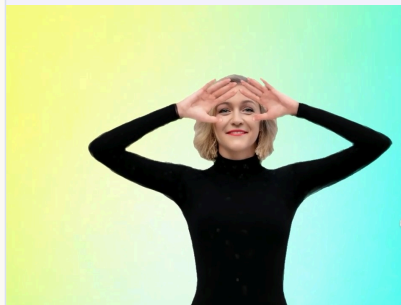
GET READY
PRE-CHORUS

"Every step you take is lighting up your mind"
Step gently side to side, knees soft, body loose. Find the beat.

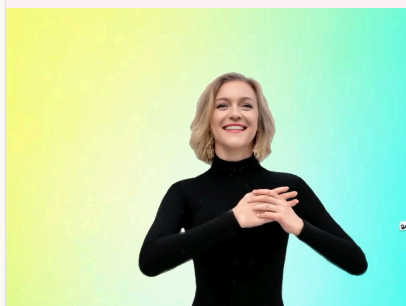
"Every little shimmy leaves the stress behind"
Shimmy your shoulders. Smile — this is the warm-up!

① COGNITION
MOVE 01 / 05

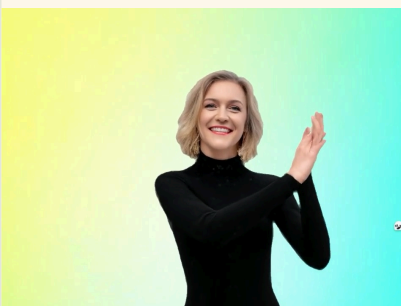
"Move your body, protect your brain"
Point both index fingers to your temples. Your brain is switched on!

② SENSES
MOVE 02 / 05

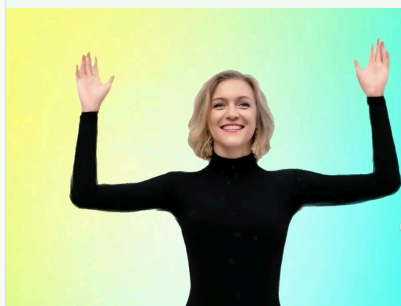
"Dance in the sunshine, dance in the rain"
Cover your eyes with both hands, then open them wide. Wake up your senses!

③ HEART
MOVE 03 / 05

"Shake it left, shake it right"
Cross both hands over your chest, then push them forward. Share the love.

④ REACTION
MOVE 04 / 05

"Your brain is glowing, burning bright!"
Snap both arms wide and up — big energy, full body, bright smile!

⑤ NUTRITION BITE
MOVE 05 / 05

"We're keeping our brains healthy —"
Three big arm snaps on HEY · HEY · HEY. Freeze. Hold the smile.

"After the dance"
Grab an apple, a handful of walnuts or almonds — what you eat feeds your brain just as much as how you move. Nutrition is the 5th pillar. 🍏🧠

4 TIPS TO NAIL IT**Knees soft**

Slight bend throughout — it makes everything flow.

Make it big

Clear, generous gestures. Don't be shy!

Eyes forward

Look into the camera. Connect!

Joy first

Energy beats perfection. Smile!

CAS Brain Health · University of Bern · brainhealth-challenge.org · *There is no health without brain health.* — Dr. Moritz Kielkopf

#BrainHealthChallenge2026

#BrainHealthDance

#FiveMovesOneBrain

#BHC2026

#WorldBrainDay2026

SCIENCE BEHIND**COGNITION**

Cognitive reserve, lifelong learning and education compress the period of late-life impairment.

SENSES

Untreated hearing loss is the single largest modifiable risk factor for dementia. Vision and sensory engagement protect cognition.

HEART

Cardiovascular health drives cerebral perfusion. Hypertension and atrial fibrillation are leading modifiable risk factors for stroke and dementia.

REACTION

Reaction time correlates with all-cause and neurological mortality. Reflex training engages motor cortex, basal ganglia and cerebellum together.

NUTRITION

Mediterranean and MIND diets reduce cognitive decline. Omega-3s, B-vitamins and polyphenols are neuroprotective nutrients.