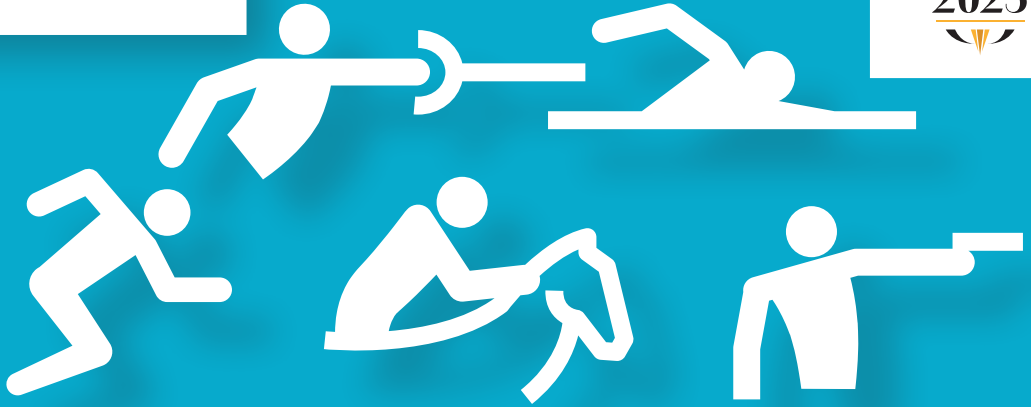


MIND



MODERN PENTATHLON

As students, it's easy to get caught up in the hustle and bustle of daily uni life and forget to prioritize self-improvement. But did you know that regularly challenging your brain with mental games & exercises can not only improve your cognitive skills but also help reduce stress and improve overall well-being? The Modern Pentathlon is an extremely demanding sport that pushes athletes to their mental and physical limits - for this challenge though, we are just putting your brain to the test!

Download the free MentalUp App and play 5 brain games - memory, maths, attention, word, logic, memory, visual intelligence, speed - <https://www.mentalup.co/> - OR, use your own brain games app/books



← **START COMPETING TODAY!**

25 POINTS