

5 TIPS FOR BRAIN HEALTH



EXERCISE

Get moving! Aerobic exercise (cardio) raises your heart rate and increases blood flow to the brain.

DIET

Eat healthy! Research shows that a Mediterranean-style diet, rich in fish, whole grains, green leafy vegetables, olives, and nuts helps maintain brain health and may reduce the risk of Alzheimer's disease.



SLEEP

Prioritize sleep! Studies show the changes that occur in our brains while we sleep affect our cognitive fitness and capacity for new learning.

MENTAL ACTIVITY

Get out of your comfort zone! Activities that challenge your mental skills can have the biggest impact on cognitive health.



SOCIAL ENGAGEMENT

Stay socially connected! Having strong social ties can lower your risk of dementia.

