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.

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