



# Keys to Brain Health



## PHYSICAL EXERCISE

**Regular exercise 3 to 4 times per week reduces the risk of cognitive decline by 32%.**

Participate in active leisure activities such as daily walks, water aerobics, restorative yoga or light weight training.



## SLEEP & RELAXATION

**Those with poor sleep or lack of sleep have shown to be 5x more likely to develop Alzheimer's.**

Steer clear of day time naps, and try to go to bed at the same time each night. Talk to your doctor if you have problems with loud snoring, falling or staying asleep.



## MENTAL EXERCISE

**Brain stimulating activities help create new neuron connections.**

Use memory challenge books, read, play cards, watch the news or take a class to keep your brain active and strong.



## MEDICAL HEALTH

**See your doctor regularly and take your medication.**

If you're having trouble remembering to take your medication, try a pill organizer box, bubble packing or a pill dispensing machine to remind you to take them on time.



## SOCIAL INTERACTION

**Staying social reduces your risk for dementia and high blood pressure.**

Participate in family gatherings, clubs, and local events. If you have hearing trouble, consider talking to your doctor regarding ways to help.



## NUTRITION & MIND DIET

**The MIND diet can reduce cognitive aging by 7.5 years.**

Foods like olive oil, nuts, salmon, eggs, and avocados provide healthy fats that help your brain and body thrive.



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group