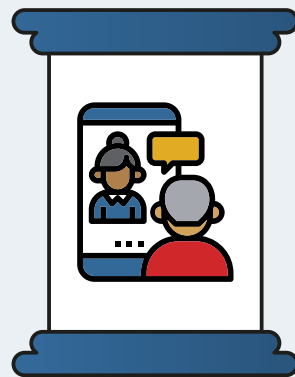




CHOOSE Brain-Healthy Habits

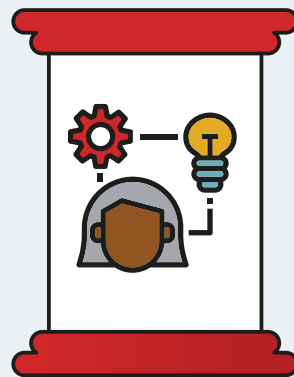
Simple steps can make a difference

Six Pillars of Brain Health



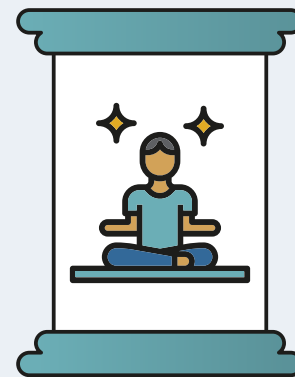
Be Social

Keep in touch with friends & family, don't let yourself get isolated.



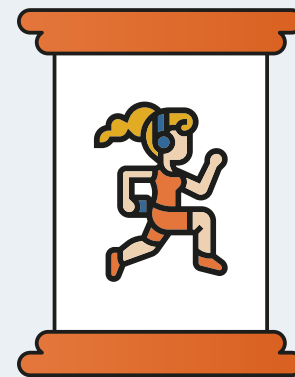
Engage Your Brain

Find ways to stimulate your thinking, explore new interests and hobbies.



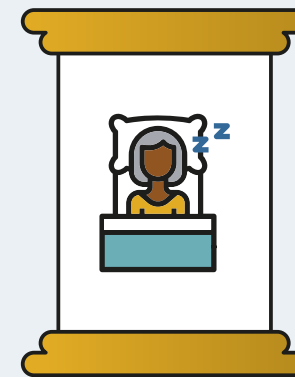
Manage Stress

Practice relaxation, take time for yourself.



Ongoing Exercise

Move throughout the day, target 2½ hours a week of moderate physical activity.



Restorative Sleep

Get 7–8 hours of restful sleep every day.



Eat Right

Choose a nutritious, heart-healthy diet of fish, veggies, and fruits.

4 Steps to Get Started:

- ✓ Set a goal, identify a specific action you want to take.
- ✓ Find something fun; choose what you enjoy.
- ✓ Re-purpose some of your free time to make room for new healthy habits.
- ✓ Involve friends or family with common goals.

Learn more about the Six Pillars: [GlobalCouncilonBrainHealth.org](https://www.GlobalCouncilonBrainHealth.org)

How to Sustain Brain Healthy Behaviors: Applying Lessons of Public Health and Science to Drive Change

Contact: GCBH@aarp.org | For more information on brain health see [StayingSharp.org](https://www.StayingSharp.org) | DOI: <https://doi.org/10.26419/pia.00106.008>



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