# TAKE THESE STEPS FOR BETTER BRAIN HEALTH

The brain is the control center of your body and you want to keep it fit.

Follow these tips to improve and maintain your cognitive reserve!

## 1. STAY ACTIVE

Physical activity provides protection against dementia and offsets symptoms of stress, anxiety and depression.

#### 2.PROTECT YOUR HEAD

Always wear a helmet when doing an activity where there's a risk of head injuries. Examples include biking, skiing, riding a horse or when using a motorcycle.

#### 3.GET ENOUGH SLEEP

Sleep is the human equivalent of plugging in your phone to charge.
Adults should sleep 7 to 9 hours a night.

### 4. BE SOCIAL

Being social helps ward off depression and stress. Both can make memory loss worse.



## 5.CHALLENGE YOUR BRAIN

Do crossword puzzles. Read. Play games. Learn to play a musical instrument. Try a new hobby. Volunteer at a local school or with a community group.

#### 6. MAKE A SALAD

Diets rich in fruits, vegetables, olive oil, legumes, whole grains and fish, are thought to be good for overall brain health.

#### 7. LIMIT ALCOHOL

For healthy adults that means one drink a day for women and two drinks a day for men. Drinking too much can cause memory problems.

Sources: Mayo Clinic