

A HEALTHY BRAIN

SOCIAL AND MENTAL ACTIVITIES

Activities that challenge your brain such as reading books, writing letters, crossword puzzles, and learning a new language help preserve brain function, as do social activities such as volunteering, playing cards, attending worship services, and talking with friends.

EXERCISE

Aerobic exercise is especially beneficial for brain health, and even better when combined with strength training. Exercising for longer periods, at least 30 minutes or more at a time, appears to be better for brain health than shorter sessions. It's never too late to start – seniors older than 65 who exercise have better health outcomes than 55-65 year olds who don't.

SLEEPING WELL

Poor sleep quality is linked to cognitive impairment and Alzheimer's. Breathing disorders, such as sleep apnea, also put older people at higher risk for memory problems and dementia. Several studies have found treating sleep apnea helps delay memory problems.

HEALTHY DIET

Although no specific diet has been proven to maintain or improve brain health, some studies suggest Omega-3 fatty acids have been shown to help cognition. The Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets follow this example by promoting less consumption of red meat and eating more nuts, beans, whole grains, vegetables, and olive oil.

