

Ways to improve brain health



SOCIAL ACTIVITIES: Stay connected with others through social activities and community programs. This can lead to a boost in mood and a greater sense of purpose, both of which may improve brain health.

AEROBIC EXERCISE: Examples include brisk walking, running, cycling, and swimming. Moving the body's large muscles doing these activities benefits brain function.

SLEEPING: Lack of sleep hurts reasoning and problem-solving skills. Some studies suggest that sleep helps clear out toxins from the brain, helping it to stay healthy and sharp.

RELAXATION: Deep breathing, prayer and meditation can help relax the mind and lower stress levels.

HEALTHY EATING: A balanced diet, such as following the Mediterranean diet, may help lower the risk of dementia.

