

# Top Habits for Better Brain Health



Cognitive wellness is just like physical wellness—there are many habits and exercises adults of all ages can adopt to help strengthen and improve it! While our brains can be affected by age-related changes, developing new habits may help make a difference to improve brain health, memory, and cognition. When adopting these lifestyle changes you may notice an increase in mood or find motor functions easier than they were previously. Check out these five healthy habits to improve your brain health!



## Keep Moving

Staying active as we age helps your brain produce the hormones needed to fuel the rest of your body. Activity also helps improve your balance, energy, mood, and strength! Adding exercise into your daily routine can help increase your brain health while increasing blood flow to the brain. Stay active by taking a stroll outside, trying chair yoga, garden for an afternoon, or dance with a friend!

## Stimulate Your Mind

Just like the rest of your body, your brain needs exercise too. Intellectual engagement can improve your thinking ability, and make you feel happier and healthier. Stimulate your mind by staying social, play a card game, complete a puzzle, or just try something new! Brain games, puzzles, hobbies, and critical thinking opportunities are great exercises for cognitive recollection.

## Be Aware of Physical and Mental Health Problems

Health conditions including high blood pressure, diabetes, Alzheimer's, dementia, depression, and stroke pose a risk to brain function. Staying aware and educated on conditions that you or a loved one may have or develop can help increase your mental health. Knowledge is power!

## Healthy Diet

Healthy body equals happy brain! Avoid high fat or high sodium foods, as these types of foods can lead to health problems. Try eating more dark leafy greens, fish, and berries rich with antioxidants. Those kinds of foods have key nutrients that helps fuel your cognitive health!



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