

10 TIPS

HEALTHY AGING & BRAIN HEALTH

1. Eat a heart and brain-healthy diet filled with fruits, veggies, and low-fat foods.
2. Stay active with walking, aerobics, or strength training.
3. Learn new skills or hobbies to challenge your brain.
4. Get 7-9 hours of sleep each night to support memory and cognitive function.
5. Talk to your doctor about medications to ensure they suit your needs as you age.
6. Quit smoking and limit alcohol to reduce health risks and improve judgment.
7. Stay socially connected with friends, family, or groups.
8. Monitor your blood pressure.
9. See your doctor regularly to manage chronic conditions.
10. Get memory screenings to proactively check your brain's health.