

HEALTHY BRAIN HABITS



STAY ACTIVE

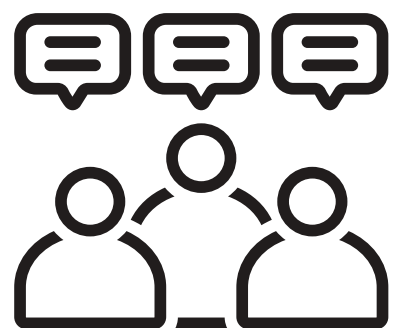
Regular cardiovascular exercise reduces the risk of cognitive decline. Swimming is recommended for those with knee pain.

SLEEP TIGHT

Older adults need 7-9 hours of sleep each night. Stay away from caffeine late in the day, avoid the use of electronics in the bedroom, and establish a sleep schedule.



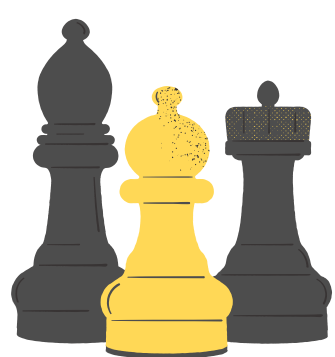
SOCIALIZATION



Engage in social activities that you love in your community! Volunteer in a non-profit, join a choir, or help out at an afterschool program.

MENTAL STIMULATION

Challenge yourself at least 1 hour a day. Learn a new language, play board games, play an instrument, read, and more!



MINDFULNESS



Pray or meditate daily, learn stress management & relaxation techniques, and seek medical treatment if you have symptoms of depression, anxiety, or other mental health issues.

THE 'MIND' DIET

(Slashes Alzheimer's risk by 35%).
 Eat a meal once a day with others!

- At least 3 servings of whole grains a day
- A salad and 1 other vegetable each day
- Drink green tea daily!
- At least 1-oz of nuts a day
- Beans or legumes at least every other day
- Poultry and berries at least twice a week
- Fish at least once a week
- Limit unhealthy foods, cheese, or fried foods no more than once a week (only 1 tablespoon of butter a day; choose olive oil)
- Sweets less than 5 times a week.

