



BOOST YOUR BRAIN HEALTH

Changes to your body and brain are a normal part of the aging process, but there are several healthy habits that may help boost your brain health and slow cognitive decline:

- **Exercise regularly** – Aim for at least 150 minutes of moderate aerobic exercise each week.
- **Get plenty of sleep** – Try to get 7-8 hours of consecutive sleep per night.
- **Eat a healthy diet** – Focus on plant-based foods, whole grains, and healthy fats while limiting foods that are heavily processed, high in added sugar, and high in saturated fats.
- **Stay mentally active** – Keep your brain engaged with stimulating activities like puzzles, music, and reading.
- **Stay connected** – Schedule regular visits with family and friends and consider joining a volunteer organization or hobby club.