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Simple Brain-Boosters



We focus a lot on caring for our bodies, but don't forget to give your mind some TLC, too! Use these 5 tips to lower your risk for illnesses that harm memory and thinking.

1

Eat Right, Think Bright

Swap ultra-processed foods
for a heart-healthy diet.

Think Mediterranean:
more fruits, veggies, whole
grains, fish, and lean proteins.
Your brain will thank you!



2

Get Up and Get Going

Physical activity = a happier brain.
Dance, bike, garden, or walk.
Keeping your body moving is the
key, and you get to decide
what that looks like.



3

Connect and Engage

Socializing is brain food! Activities that connect you with others—like volunteering, attending local events, or joining clubs—can potentially help delay the onset of dementia.



4

Challenge Your Brain

Dive into activities that push your mental boundaries and keep your mind active. Try reading new books, picking up a language, solving puzzles, or playing a board game.



5

Enjoy 2-for-1 Benefits

Heart-healthy habits also boost brain health.

Prioritize:

- ✓ Quitting smoking
- ✓ Watching your alcohol intake
- ✓ Monitoring blood pressure, cholesterol, and blood sugar
- ✓ Maintaining a good-for-you weight

**There's no surefire
way to prevent
cognitive diseases
like Alzheimer's.
But the more of these
steps you take, the
more your mind and
body may benefit.**

