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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.**



**Eat Right,  
Think Bright**



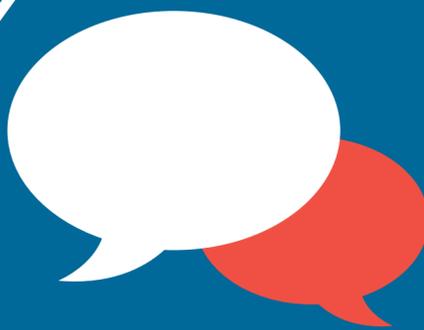
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