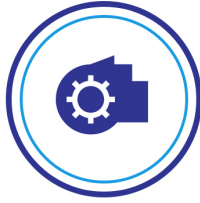


10 TIPS TO PROMOTE BRAIN HEALTH OPTIMIZATION



ENGAGE YOUR BRAIN

Challenge your brain daily through a mentally stimulating exercise, a task you are not able to do without effort. Vary your routine and tasks for optimal brain fitness.



STAY HYDRATED

The brain's ability to detect thirst decreases with age. Water is essential to the brain's overall function as the brain is composed of 75% water. Drink eight 8-ounce glasses of water per day.



LIFELONG LEARNING

Content that is new, novel, and challenging is desirable to your brain! To keep your brain sharp, aim to learn one new thing each day.



REST WELL

Plan brain breaks and take time to unwind daily. Aim for 7-9 hours of sleep per night.



CONNECT WITH OTHERS

Focus on exercises, activities, relationships, and people you enjoy the most. Reach out to at least one person daily through various ways such as a phone call, a card by post, a quick email, a visit, a shared meal, or grabbing a "virtual coffee".



MEDITATE DAILY

Set aside time daily to cool your brain, practice mindfulness or meditate. Practice mindfulness such as breathing techniques, gratitude exercises, and meditation as part of your daily routine.



MOVE DAILY

Engage in a minimum of 150 minutes of moderate movement per week. Keep in mind that 5 minutes of movement can offer health benefits.



MONITOR YOUR HEALTH

Manage your chronic health conditions including blood pressure, diabetes, cholesterol, and heart health. Avoid head injuries, tobacco, and limit alcohol consumption.



EAT TO FUEL THE MIND

Food fuels the mind and body. When making "brain food" decisions slant towards healthy fats, leafy greens, berries, vegetables, and a handful of tree nuts like almonds or walnuts (they resemble a small brain!).



PRACTICE SELF CARE

Make your brain wellness a priority and not an option. Start simple. Purposefully make one decision each day that is better for your brain. Small changes can lead to lasting habits.

The Virtual Brain Health Center offers a supportive online community and resources. Our low-cost classes on healthy aging, brain wellness, and memory care provide ongoing opportunities to engage with peers and select industry experts. Join us today!



www.virtualbrainhealthcenter.com



info@virtualbrainhealthcenter.com



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