

Healthy Brain

Overview

- Caring for your brain health is critical for everything you do.
- Mediterranean Diet provides core nutrition.
- Coffee, dark chocolate, and small doses of wine can add fun
- Regular physical exercise is a must.
- Brain exercises strengthen brain circuits
- Stress-reduction and relaxation can help.

The Brain Controls the Body and Mind

- Everything your body does depends on a healthy brain.
- Your ability to think clearly is in your brain.
- Your emotions and spiritual thinking needs your brain.

Healthy Eating for Your Brain

- The **Mediterranean Diet** is good for your brain
- Low-fat meats, fish, and beans
- Vegetables, fruits, olive oil, and nuts
- Whole grain breads, pasta, and cereal
- *Minimize processed foods and sugar*
- **Maintain a healthy weight**

Wine, Chocolate, and Coffee

- In small doses, wine and other alcoholic drinks can help your brain health
- Dark chocolate has anti-oxidants
- Coffee is good for your brain
- *Energy drinks can be harmful*

Physical Exercise is Critical

- Regular exercise – 3-4 times per week
- Aerobic and strength exercises
- *Choose exercises with low risk of injury*

Brain Exercise – Use it or Lose it

- Social activity uses your brain
- Problem solving at work and home
- Puzzles are good, but not enough
- Computerized brain training is good
- Don't be lazy – Think when you need to

Brain Circuits Can Change

- The brain improves with learning
- Behavior changes the brain
- Brain circuits become faster with practice

Stress is Bad for the Brain

- Stress releases hormones that harm your brain.
- Meditation or mindfulness may help
- Stress-reduction pays off

Good General Health is Key

- Control medical conditions like blood pressure and heart disease
- Mental health issues, like depression and anxiety affect your thinking
- Regular follow-up with your doctor

Brain Health Habits

- ✓ Make time for your brain health.
- ✓ Keep regular sleep hours.
- ✓ Eat regular meals with good nutrition.
- ✓ Exercise regularly.
- ✓ Learn new things and exercise your brain.
- ✓ Relax and reduce stress.
- ✓ Visit your doctor to make sure your overall health is good.

For more information, visit https://alz.org/brain-health/10_ways-to-love-your-brain.asp