

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS®

10 MANERAS DE CUIDAR SU CEREBRO



COMIENCE AHORA. Nunca es demasiado tarde ni demasiado temprano para incorporar hábitos saludables.



EMPIECE A SUDAR

Realice ejercicios cardiovasculares de manera regular que aumenten la frecuencia cardíaca y el flujo sanguíneo. Recientes estudios comprobaron que la actividad física reduce el riesgo de deterioro cognitivo.



ESTUDIE

La educación formal ayudará a reducir el riesgo de deterioro cognitivo y demencia. Tome clases en una institución educativa local, en un centro comunitario o en línea.



DEJE EL CIGARRILLO

Fumar aumenta el riesgo de deterioro cognitivo. Dejar de fumar puede reducir el riesgo a los niveles de aquellas personas que no han fumado.



SIGA SU CORAZÓN

Los factores de riesgo de las enfermedades cardiovasculares y derrames cerebrales como la obesidad, la hipertensión y la diabetes tienen un impacto negativo en su salud cognitiva.

Existen cada vez más evidencias que indican que las personas pueden reducir el riesgo de deterioro cognitivo si adoptan hábitos de vida saludable. Siempre que sea posible, combine estos hábitos para alcanzar el máximo beneficio del cuerpo y el cerebro.



PÓNGASE A PRUEBA

Desafíe a su mente. Fabrique un mueble. Pruebe con juegos de estrategia como el Bridge.



¡CUIDADO CON LA CABEZA!

Las lesiones cerebrales pueden aumentar el riesgo de deterioro cognitivo y demencia. Utilice el cinturón de seguridad y casco cuando practique deportes de contacto o ande en bicicleta.

HÁGASE AMIGOS

Mantenerse socialmente activo puede ayudar a mantener sano su cerebro. Descubra maneras de unirse a su comunidad local o de compartir actividades con sus amigos y familiares.



CUIDE SU SALUD MENTAL

Algunos estudios relacionan la depresión con el deterioro cognitivo. Si está deprimido, se siente ansioso o estresado, busque tratamiento.

ATRAPE EL SUEÑO

Si no duerme lo suficiente, es posible que tenga problemas de memoria o de habilidades del pensamiento.



AUMENTE LA ENERGÍA CORRECTAMENTE

Siga una dieta balanceada y consuma muchas frutas y verduras para reducir el riesgo de deterioro cognitivo.



“Go Purple” Menu

Breakfast



Blueberry French Toast

Raisin Bran Cereal

Hard Boiled Eggs & Whole Wheat Toast

Blueberry Yogurt



Lunch

Baked Cod with Whole Wheat Rice & Sweet Peas

Baked Chicken Breast with Purple Cabbage & Sweet Potatoes

Whole Wheat Spaghetti with Marinara

Dessert

Mixed Fruit Bowl with Blackberries, Plums, Strawberries & Almonds

A Brain Healthy Diet Certain foods rich in antioxidants and Omega 3 may improve brain health and function. There is a lot you can do to keep your brain healthy as you age. Just open your mind to a brain healthy diet and keep moving. Exercise is essential and most effective when combined with a brain healthy diet.

Helpful Hints

- Manage your body weight for overall good health of brain and body.
- Reduce your intake of foods high in fat and cholesterol.
- Increase your intake of antioxidant rich foods such as spinach, brussel sprouts, red grapes and plums.

