



BOOST YOUR BRAIN HEALTH

When you fuel and take care of your body, you can feel it, especially when it comes to energy levels throughout the day. Turns out the same is true for our brains. Our brains are always turned “on”. This vital organ works 24/7 to ensure our body is functioning properly by controlling many complex processes including thought, memory, emotion, senses, hunger, breathing, and temperature to name a few.

Many factors in our life like stress, illness, activity level and the food we eat can affect the way our body and brain functions. The American Heart Association developed a prescription for health called Life’s Simple 7 which includes seven of the most important predictors of heart health. Life’s Simple 7 is made up of non-smoking, healthy weight, physical activity, healthy diet, and healthy levels of cholesterol, blood pressure and blood sugar. The AHA highlights that not only can the Simple 7 be correlated to heart health, but these predictors are also directly related to our brain health.

In addition to managing cardiovascular risk factors, the AHA and Alzheimer’s Association recommend lifelong learning and cognitive training. Check out some tips and activities that have the power to enhance our brain health and function.

1. **Learn a new language or instrument**
2. **Challenge your mind with crossword puzzles, sudoku, reading, playing cards or putting together a jigsaw puzzle**
3. **Maintain friendships and socialize**
4. **Get quality sleep**
5. **Meditate**
6. **Move your body by finding an activity you enjoy**
 - Try a new exercise class
 - Go for a walk
 - Take active breaks
 - Turn up your favorite song and dance
 - Learn a new hobby like gardening