Five Ways to Boost Your Brain Health

As we get older, small lapses in memory and other cognitive functions happen to all of us. Fortunately, there are simple steps to take to keep the brain healthy and prevent memory loss.

1. Get Moving
Exercise regularly. It’s one of the best things you can do to help prevent age-related memory loss. Moving boosts blood flow to your brain and helps nerve cells in the part of the brain that controls your memory. Aim to get at least 30 minutes of aerobic exercise five days a week. Check with your doctor before beginning any exercise program.

2. Challenge Your Mind
Try crossword puzzles, or games like Sudoku. Exercising your brain keeps it working. There are Smartphone games designed to keep the brain sharp and applications to help us track reminders. These tools may not necessarily restore brain function already lost, but may help you maintain your current level of brain fitness. With a little daily effort, you can support a well body by developing a well mind.

3. Stay Social
Try to be part of your community. It gets you engaged in conversations and activities, and keeps you thinking, talking, laughing, and planning. These are all important ways to keep your mind strong. Join a club, take a class or volunteer. The more active you are, the more your brain is working.

4. Sleep Well
When your brain doesn’t rest, you can have problems remembering and concentrating.

5. Watch What You Eat
Studies have found that a high-cholesterol diet raises the risk of dementia. Too much alcohol can also impair brain health. A healthy diet high in B vitamins and folic acid can reduce your risk of dementia by lowering levels of an amino acid called homocysteine. Follow an overall healthy diet high in whole grains, leafy greens, avocados, and other green fruits and vegetables.

For more information, visit www.hss.edu. To make an appointment, call our Physician Referral Service at 800.796.0486.

Public & Patient Education Department
212.606.1057
www.hss.edu/pped

Watch and Learn Through Our HSS Webinars at www.hss.edu/pped-webinars. Topics include OA: surgical and non-surgical options, managing pain, nutrition, research, self-management and exercise. Check out our HealthConnection newsletters at www.hss.edu/healthconnection.