

BRAIN POWER

Tips for Improving & Preserving Your Brain Health

**1 IN 5 WOMEN AND 1 IN 10 MEN
WILL DEVELOP ALZHEIMER'S DISEASE IN THEIR LIFETIME.**

No matter your age, now is the time to be proactive against Alzheimer's and other degenerative brain diseases. Making healthy lifestyle changes earlier can dramatically improve the health of your brain later in life.

The experts at the NorthShore Center for Brain Health share four easy ways you can improve & preserve your brain health:



Test your brain, regularly.
Reading, learning a language, painting and word puzzles generate new neurons in the brain, creating a surplus to counteract future cell loss.



MIND GAMES



Aerobic exercise can reduce the rate of mental decline by boosting the supply of blood and oxygen to the brain.
Exercise also increases connections between synapses.



SCHOLAR ATHLETE



THINK SOCIAL



BRAIN FOOD



Put your brain on a diet.
The Mediterranean diet—high in veggies & healthy fats, low in meat & dairy—can reduce the rate of memory loss & improve thinking skills.



Socializing can be as good for your brain health as quitting smoking.
Spending time with family or volunteering can increase happiness and reduce depression symptoms.



SOURCES

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