

# 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.

Other risk factors like family history or lifestyle can increase those odds. No matter your age, now is the time to be proactive against the onset of Alzheimer's and other degenerative brain diseases. Making healthy lifestyle changes earlier can dramatically improve the health of your brain later in life.

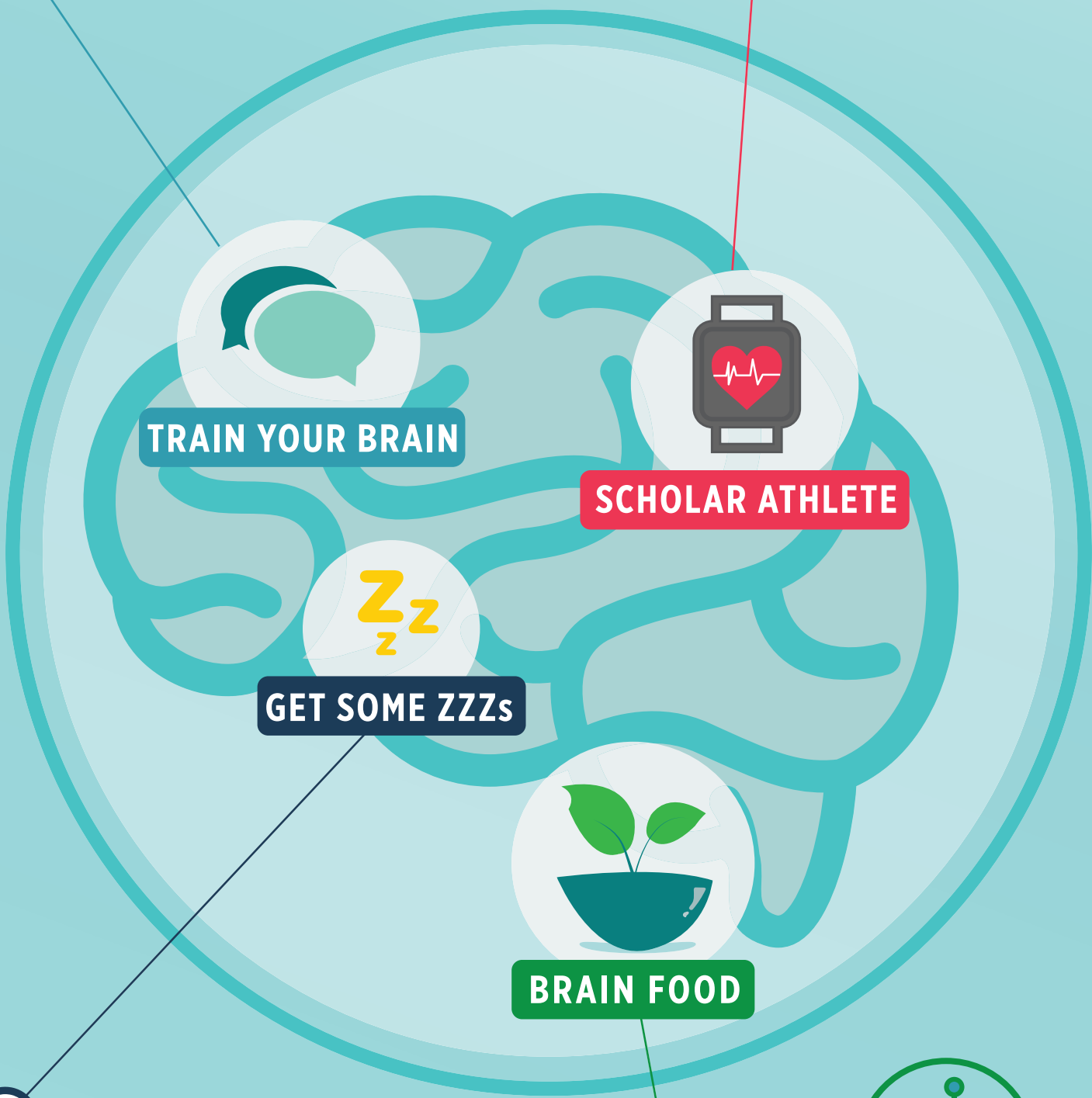
The experts at the NorthShore Center for Brain Health share four ways you can start to improve & preserve the health of your brain.



**Challenge your brain, regularly.** Learning new and difficult skills like foreign languages or musical instruments generates new neurons in the brain and connections, creating resilience against future cell loss.



**Raise your heart rate to benefit your brain.** Aerobic exercise can reduce the rate of mental decline. Aim to get your heart rate over 100 for 150 minutes per week.



**Your brain needs beauty rest too.** Getting 6 – 8 hours of quality sleep can protect your brain throughout life.



**Put your brain on a diet.** The Mediterranean diet—heavy on veggies & healthy fats, light on meat & dairy—has been shown to reduce the rate of memory loss.



### SOURCES

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