

Living the NEURO Life

Healthy Habits for a Healthy Brain

N

NUTRITION

Eating patterns that contain minimally processed fruits, vegetables, whole grains, beans, nuts and seeds have been shown to protect brain health. Limit intake of highly processed food and beverages with added fat, sugar, and salt.

TIP: Aim to get most of your protein from plants.

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EXERCISE

Exercise can help increase blood flow to the brain and boost mood. Aim for 150-300 minutes of exercise weekly.

TIP: Take a walk. A daily 25 min brisk walk reduces your chances of dementia by 45%.

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UNWIND

A calm mind can lessen anxiety and improve concentration, memory, and creativity. Find healthy ways to cope with stress.

TIP: Have a structured conversation with a friend over a phone or, better yet, invite them to walk and talk.

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RESTORE

Your brain isn't "turned off" during sleep, it's clearing metabolic waste associated with Alzheimer's disease

TIP: Go to bed at the same time 7 nights a week and aim for 7-8 hours of sleep.

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OPTIMIZE

Cognitive reserve is maintained by "good stress" that is challenging, fun, and leads to personal growth.

TIP: Examples of good stress include games with friends or learning a new skill.

Up to 90% of stroke and 40% of dementia can be prevented through lifestyle



REFERENCES

