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Six Pillars of Brain Health

Physical Exercise

YOUR BODY: GET MOVING. Exercise improves blood flow and memory; it stimulates chemical changes in the brain that enhance learning, mood and thinking. Be fit.

Food & Nutrition

EAT SMART, THINK BETTER. As you grow older, your brain is exposed to more harmful stress due to lifestyle and environmental factors, resulting in a process called oxidation, which damages brain cells. Food rich in antioxidants can help fend off the harmful effects of oxidation in your brain.

Medical Health

CONTROL MEDICAL RISKS. Hypertension, diabetes, obesity, depression, head trauma, higher cholesterol, and smoking all increase the risk of dementia. You can control and reduce these risks. Get your annual check-up, follow your doctor's recommendations and take medications as prescribed.

Sleep & Relaxation

REST WELL. Sleep energizes you, improves your mood and your immune system, and may reduce buildup in the brain of an abnormal protein called beta-amyloid plaque, which is associated with Alzheimer's disease. Practicing meditation and managing stress may help fend off age-related decline in brain health.

Mental Fitness

YOUR MIND: USE IT OR LOSE IT. Mental exercise is just as critical as physical exercise in keeping your brain fit and healthy. Like your muscles, you have to use your brain or you lose it.

Social Interaction

STAY CONNECTED. Leading an active social life can protect you against memory loss. Spending time with others, engaging in stimulating conversation, and staying connected with family and friends are good for your brain health. Studies have shown that those with the most social interaction in their community experience the slowest rate of memory decline.

Adapted from: Cleveland Clinic – 6 Pillars of Brain Health (https://healthybrains.org/pillars)