

Brain Awareness

Alzheimers & Brain Awareness Month Brought to you by the Aurora EAP



There are lifestyle habits that you can adopt to maintain or potentially improve your health as you age. These habits, spanning four categories — physical health and exercise, diet and nutrition, cognitive activity, and social engagement — can help keep your body and brain healthy and potentially reduce your risk of cognitive decline.

Research has suggested that combining good nutrition with mental, social and physical activities may have a greater benefit in maintaining or improving brain health than any single activity.

Here are some ways to love your brain:

BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

HIT THE BOOKS

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

FUEL UP RIGHT

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.

FOLLOW YOUR HEART

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

CATCH SOME ZZZ'S

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

TAKE CARE OF YOUR MENTAL HEALTH

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.



For more information call Aurora EAP - 800.236.3231.