

Heads Up for Healthier Brains

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It's never too early to start thinking about brain health.
Here are some tips to help keep your brain sharp!



MIND

healthy brains need stimulation

- Challenge and stimulate your brain; keep learning new ideas and make a conscious effort to train your brain.
- Keep your sense of humour and be positive.
- Manage your mood. Fight depression and anxiety, and control stress; these have negative effects on memory and brain health in the short and long term.
- Expand your horizons and try healthy new experiences.
- Try to understand the perspective of people with different points of view.



BODY - maintenance

healthy brains need healthy bodies

- Maintain a healthy heart and good circulation by exercising regularly—a minimum of half an hour of walking daily. Swimming, cycling, aerobics, weight training, jogging, and dancing are also excellent ways to stay active.
- Monitor your blood pressure, body weight, and waistline. Check your cholesterol, blood sugar, B12 and folic acid levels.
- Ensure you get enough refreshing sleep.
- Protect your brain from injury by wearing a helmet and from toxins by avoiding pollutants and drugs.



SPIRIT

healthy brains need purpose,
perspective, and social interaction

- Stay active by working or volunteering. Productive people tend to live longer, be happier, and therefore reduce their risk of developing dementia.
- A hobby or community and spiritual groups are excellent ways to stay active and engaged.
- Develop your spiritual side: meditate, pray, or spend time enjoying nature.
- Build strong friendships and meet new people: activities like dancing, chess, playing cards and scrabble combine brain exercise with socializing.



BODY - nutrition

healthy brains need smart food choices

- Drink lots of water and green tea. If you drink red wine, have no more than one glass a day.
- Avoid processed foods.
- Maintain your blood sugar: snack on almonds, walnuts, vegetables, and fruit instead of muffins and chips.
- Eat fresh whole foods, B vitamins, and a varied diet rich in antioxidants, which can be found in strongly coloured fruits and (especially) vegetables.
- Eat at least two servings of fish each week, especially oily cold-water fish (e.g. salmon).

