

Top 10 Tips for

Healthy Aging

We celebrated Healthy Aging Month in September by sharing tips and encouraging you to take action to prioritize your brain health. Whether you joined us in September, or are looking to make changes now to promote healthy aging and good brain health, the top 10 tips below will help jumpstart your new lifestyle.

Top 10 Tips for Healthy Aging



Practice Healthy Eating Habits

Having breakfast and healthy snacks, like fruits or nuts, throughout the day may help improve your memory function.



Get Active

Break a sweat! Physical activity is crucial to your brain health.



Get Enough Sleep

Aim to get the 7-8 hours a night recommended for adults.



Stay Connected

Stay engaged socially to help maintain cognition and protect your brain health.



Mind Your Meds

Be sure to consult with your doctor before starting any new medications.



See Your Doctor Regularly

Keep up with regular doctor's appointments and stay on top of health screenings.



Keep Your Heart Healthy

Preventing and managing high blood pressure and cholesterol helps protect your heart and your brain.



Take a Deep Breath, Meditation is Good for You

Meditation can help improve anxiety and depression, so squeeze in some TLC time. Your brain will thank you!



Stay Hydrated

Just like the rest of your body, your brain benefits from getting the recommended water intake.



Learn New Things

Challenge and activate your mind by trying new activities or learning a new skill or language.



Keep Your Brain Healthy

Read our new *Keeping Your Brain Healthy* brochure and start making changes to keep your brain healthy today.

[Read the Brochure](#)

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