

Journey to Wellness — A free self-guided healthy living program

Exercise your brain



Keeping your brain
active and healthy.

It's normal that your body and brain changes as you age. However, there are some things you can do to help slow any decline in memory and lower your risk of developing Alzheimer's disease or other dementias.

Dementia refers to a wide range of symptoms that affect a person's ability to perform everyday activities independently. It generally involves memory loss and a decline in thinking as well as behavioral and social skills.

Tips for an active and healthy brain

Eat healthy.

Diets rich in fruits, vegetables, whole grains, legumes, fish, and healthier fats and seeds provide brain-boosting memory function.

Get sleep.

Poor sleep habits can result in problems with memory and thinking.

Keep blood vessels healthy.

Take steps to keep blood sugar, blood pressure and cholesterol in normal range. What is bad for your heart is also bad for your brain.

Keep moving.

Physical activity boosts neuroplasticity, your brain's ability to think, remember and adapt.

Limit alcohol use.

If you drink, do so in moderation. Alcohol can affect concentration and memory.

Manage stress.

Mental and physical health are connected; chronic stress can affect memory and cognitive ability.

Protect your head.

Concussions early in life can increase the risk of cognitive problems later in life.

Quit smoking.

Smoking increases the risk of cognitive problems.

Stay connected.

Studies show memory declined at half the rate for adults with the most social involvement.

Stay mentally active.

Take classes, learn new skills, enjoy new experiences, or train your brain with puzzles and games to improve mental sharpness.

Information adapted from Mayo Clinic resources: "[10 ways to keep your brain young](#)," "[Maximize memory function with a nutrient-rich diet](#)," "[Tips to keep your brain healthy](#)" and "[Understanding dementia, Alzheimer's disease](#)."

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