

How to Help Your Brain Health



brain healthy.

Did you know our brain doesn't stop learning at a certain age, we can learn at any age! When we our learning new things, our brain adapts. Though the older we get, our brain health declines. However, there are many activities we can do to help keep our brain healthy. Keeping our brains healthy not only help us solve difficult problems but also our daily task. Trying new and challenging activities keeps our

Below are some tips that we can do to keep our brain health tip top shape.

Physical Movement

There are many benefits to physical movements, one that many may not know is how it also help with our brain health. Research has shown that exerising regularly may less likely develop dementia by 20%. Aim for at least 150 minutes of moderate to intense physical activities. Physical activities can be walking, biking, swimming, running, yoga or tai chi.

Commented [MM1]: <https://www.alzheimers.org.uk/about-dementia/managing-the-risk-of-dementia/reduce-your-risk-of-dementia/physical-activity>

Challenge Your Brain

Playing brain games or challenging your brain with new hobbies have shown to create new connections between nerve cells. Some people who live with dementia have reported that challenfig their brains have helped with their daily activities. To challenge you brain, learn new things, take up new hobbies, reading and play brain games.

Being Social

Research has shown that being socially active supports brain health and may delay the onset of dementia. It has also socially engaged helps with memory and language skills and delay brain dementia. Someone who sees family and friends daily was 12% less likely to get dementia compared to someone who seen loved ones every once in a while. Look for places where you can volunteer, hobbies you can do to learn with your friends or in a community, or learning in a classroom.

Commented [MM2]: <https://whitneyrehab.com/does-socializing-reduce-dementia-risk/>



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