

Improve Your Brain Health



Did you know the human brain keeps learning no matter someone's age? You can keep learning new things at any age! When we learn new things, the brain adapts. Even though brain health tends to decline with age, there are many activities that can help keep our minds sharp. Doing this not only helps us solve difficult problems, but also makes it easier to complete our daily tasks. Trying new and challenging activities is a great way to maintain brain health.

Below are some tips you can do to keep your brain in tip-top shape:

1. Physical Activity

There are many benefits to physical activity. One that many people may not know is its positive impact on our brain health. Research has shown that regular exercise can lower your risk of developing dementia by 20%. Aim for at least 150 minutes of moderate to intense physical activity per week. This can be done through activities such as walking, biking, swimming, running, yoga, or tai chi.

2. Challenge Your Brain

Playing brain games or challenging your brain with new hobbies has been shown to create new connections between nerve cells. Some people living with dementia have reported that challenging their brain helps them complete their daily activities. To challenge your brain, try learning something new, and take up new hobbies, such as puzzles, a sport, or playing brain games like sudoku.

3. Social Activity

Research has shown that being socially active supports brain health through improving memory and language skills, which may help delay the onset of dementia. People who see family and friends on a daily basis are 12% less likely to develop dementia compared to those who interact with loved ones only occasionally. To stay socially active, try volunteering, take-up new hobbies, or schedule regular visits with family or friends.



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