

Let's Talk about:

Keeping Your Brain Healthy



Hi CCS Community!

I hope you are doing well! For this month's blog post, I wanted to talk about ways to promote brain health! We hear a lot about keeping your body active, but it is just as important to keep your brain healthy.

Why is it important to keep your brain healthy?

Research shows that keeping your brain healthy helps slow down memory decline, keep your heart healthy and improves your overall quality of life. Many of the ways to keep your brain healthy are similar to the things you do to keep your body healthy.

Regular Exercise

Many research studies have shown that people who are physically active are less likely to develop memory problems such as Alzheimer's disease or dementia. Try to get outside or walk on a treadmill for 20-30 minutes each day. One way to challenge yourself is to walk on an incline on your treadmill.

Sleep

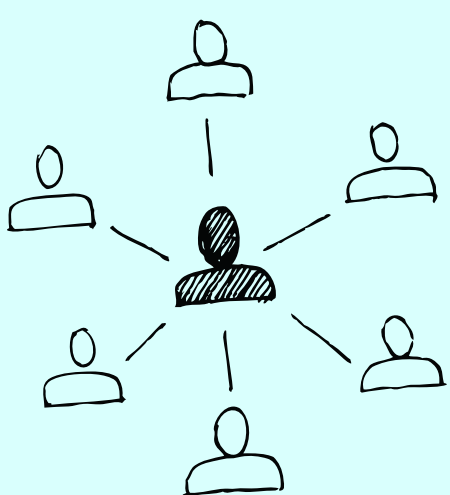
It is recommended that you get 7-8 hours of sleep each night for optimal health. There are many theories on the role that sleep plays on your brain, but one of the theories is that sleep helps clear your brain and store memories.

Staying Mentally Active

Your brain is just like any muscle in your body. The more you use it, the stronger you get. It is important to stay mentally active by challenging your brain with new tasks and brain exercises. One of my favorite brain exercises is making puzzles. Puzzles force you to think critically and abstractly. Another way to use your brain is to read books or magazines. Reading new information helps your brain form new networks.

Staying Social

Part of having a healthy brain is staying socially connected to the world around you. Check out events going on at CCS or call a friend. Social interaction helps combat depression and promotes bonding. Consider joining a local exercise or art class to meet new people!



Let me know if you try out any of these tips to promote your brain health!

