

Healthy Brain Habits

Currently, there is no surefire way to prevent dementia, but there is growing research that shows we can potentially reduce our risk for dementia by addressing lifestyle factors.

These small lifestyle changes can add up and making them a part of your routine can support your brain function now and in the future.

Quality Sleep

Disrupted sleep or too little sleep can put you at a greater risk for dementia. Getting quality sleep helps your brain clear away plaques that lead to cognitive decline.



- Aim for 7-8 hours of sleep each night. Even a power nap can improve memory retention!
- Keep to a regular bedtime routine and try to avoid alcohol or caffeine beforehand.

Regular Exercise

Exercise can reduce stress, improve sleep, lower your risk for stroke, manage your blood sugar and increase blood flow to the brain, all of which can improve your memory.



- Work your way up to 150 minutes of exercise per week.
- Consult your doctor and start small: try walking, biking, dancing!

Eating a Healthy Balanced Diet

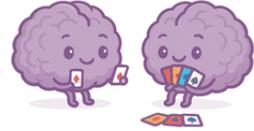
A healthy gut has been shown to reduce amyloid plaque and brain neuroinflammation.



- Try following the MIND diet which includes foods like salmon, beans, nuts, leafy greens and dark fruits.
- Limit red meat, added sugars, deep fried and fast foods.

Socialize with Others

Social isolation can be a driving force behind cognitive decline. Speaking with people involves nerve activity that helps strengthen your brain.



- Talking regularly with friends and family keeps your mind alive and preserves memories.
- Join a local group or club to meet new people!

Challenge your Brain

Your brain can shrink from lack of use. Continually challenging your brain promotes new cell growth while decreasing the likelihood of regression.



- Try learning a new skill, language or instrument.
- Sign up for classes or lectures on new topics.
- Try to cook a new recipe or read a new genre.

Manage Stress

When you are regularly and repeatedly stressed, memory cells in your brain become damaged, which increases your risk of dementia.



- Utilize healthy coping strategies and other tools for relaxation to help reduce your stress.
- Meditate, manage expectations, take a walk, declutter your space, do yoga, try a hobby you love, etc.
- Remember: what works for one person may not work for the next.

**For more information contact us at
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