



## BRAIN HEALTH

These five simple steps can improve your overall health and may even delay or prevent the onset of Alzheimer's.

### 3. Exercise.



Exercise doesn't have to be intense, even walking at a brisk pace each day has been found to be helpful to circulation and general health. Try mixing up your exercise (ie. alternate cardio and aerobic activities) and challenge your brain as well as improve your circulation!

### 1. Get sleep!



When you are in a state of deep sleep, your brain clears out toxins from the day. Building up toxins can lead to inflammation which has been found to be a key precursor to Alzheimer's.

### 4. Socialize & Learn new things (participate in Sweet Readers!).



Research proves that isolation can be damaging to your health and brain. People with Alzheimer's frequently struggle with feelings of isolation. Socializing can help protect your brain! We have also learned that your brain can build new synapses well into your older years. One way to build new synapses is to learn new things - try walking a different route home, learn a new language, challenge your brain to think differently!

### 2. Eat a heart healthy diet.



What's good for your heart is good for your brain. In order to help a healthy blood flow to the brain, try a Mediterranean diet low in sugar with plenty of vegetables, fish and legumes.

### 5. De-Stress.



"Cortisol is the main hormone that mediates the effect of external stress on the body (it's the fight or flight hormone). In high levels, Cortisol is toxic to brain cells, particularly the hippocampus where memory and learning are founded and where Alzheimer's disease starts... It's not the stress, it's the dis-tress, that causes the problem. While we all have stress in our lives, it's how you react to and manage it that makes the difference."

- Dr. Howard Fillit.

Try meditation or yoga. If you take time to pause and breathe before reacting, you may mitigate your distress.