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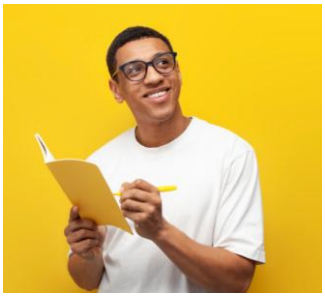
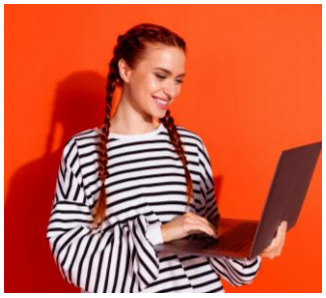
How to Boost Brain Health

Your brain is your control center. It fuels your creativity, processes emotions, regulates decisions, and stores every memory. Brain health is just as vital as focusing on physical fitness. You can support your brain's performance and protect against cognitive decline with simple, daily habits.

Keep your mental muscles sharp, strong, and supported with the following tips.

Feed Your Brain

Your brain uses up to 20% of your body's daily energy. Fuel it with nutrient-dense foods:

- Blueberries (for memory)
- Leafy greens (for clarity and longevity)
- Fatty fish or flaxseeds (for brain-protective omega-3s)
- Turmeric & green tea (for inflammation reduction)

Stay Hydrated

Dehydration can impair focus and recall.

Sleep is a Superpower

During sleep, your brain clears out toxins, forms memories, and recharges. Aim for 7–9 hours of quality sleep per night. Try screen-free wind-down time, a consistent bedtime, and a cool, dark room.

Move to Improve

Physical activity increases blood flow to the brain and supports the creation of new neurons. Even 20–30 minutes of brisk walking, dancing, or yoga can boost mood and mental clarity.

Learn Something New

Stimulate your cognitive muscles through learning new hobbies, languages, or creative skills. Reading, puzzles, brain-training apps, or trying a new recipe all count!

Manage Your Mental Noise

Stress shrinks the brain's memory center over time. Combat it with mindfulness practices, breathwork, journaling, or time in nature.

Stay Socially Engaged

Connection strengthens neural networks and reduces the risk of cognitive decline. Text a friend, join a book club, or volunteer for a local cause.

Did You Know?

Your brain shrinks as you age.

By age 60, your brain may lose up to 0.5% of its volume annually—but learning new things and staying active can slow this loss.

Memory lapses are not inevitable.

They're often linked to lifestyle, sleep deprivation, stress, dehydration, and poor diet—not just aging.

Brain diseases like Alzheimer's begin 10–20 years before symptoms.

That's why prevention in your 30s, 40s, and 50s is key.

A Mediterranean-style diet is associated with a 53% reduced risk of Alzheimer's.

Regular aerobic exercise increases the size of the hippocampus, the brain region responsible for learning and memory - even in adults over 65.

Sleep clears toxins from the brain including beta-amyloid, the protein linked to Alzheimer's.