



# Brain Health for Older Adults

Brain health can be affected by age-related changes in the brain, injuries such as stroke or traumatic brain injury, depression and diseases such as Alzheimer's disease. Below are some tips from the National Institutes of Health's National Institute on Aging that could help your brain function better.

- 1. Take care of your physical health.** Get recommended health screenings. Manage chronic health problems like diabetes, high blood pressure, depression and high cholesterol.
- 2. Exercise.** Studies indicate that aerobic activity and resistance training may actually boost brain power in older adults.
- 3. Eat healthy foods.** Brain foods are those rich in antioxidants, vitamins, minerals and healthy fats. Add beets, avocados, broccoli, salmon and walnuts to your diet.
- 4. Be physically active.** Studies link ongoing physical activity with benefits for the brain and cognition as well, although a strong link between physical activity and Alzheimer's disease prevention has not yet been documented.
- 5. Keep your mind active.** Being intellectually engaged may benefit the brain. People who engage in personally meaningful activities, such as volunteering or hobbies, say they feel happier and healthier.



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