

# Ways to Improve Brain Health

Improving your brain health can lower your risk of Alzheimer's disease and help preserve cognitive function and memory as you age. Below are clear, practical steps supported by current medical evidence.

## Move Regularly

Aerobic activity combined with strength training supports both brain and heart health.



## Eat a MIND-style Diet

Prioritize vegetables, berries, whole grains, nuts, fish, and olive oil while limiting processed foods and sweets.



## Manage Key Health Risks

Control blood pressure, cholesterol, diabetes, and weight through regular checkups with your primary care physician.





## **Stay Mentally & Socially Active**

Engage in consistent learning, explore new hobbies, and maintain regular social connection.



## **Use Caution with Supplements**

Limit alcohol intake and avoid smoking. Only consume vitamin supplements for diagnosed deficiencies.



Scan the QR code for more information on improving brain health



Scan the QR code for more information on Arkansas Brain Matters Memory Services



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