

BUILDING HABITS FOR A HEALTHY BRAIN



WHAT DOES YOUR BRAIN NEED TODAY?

Your brain works for you around the clock, directing every one of your activities from your heartbeat to your eye movement across this page. Keeping this powerful organ in great condition is well worth the time and effort. Here are five tips for maintaining prime brain health every day.



Exercise can be just as important for your mind as it is for your body and heart. Getting your blood moving keeps your brain active, stimulating both thinking and memory.



Many studies show that mind exercise has both short and long-term brain benefits. Keep on the lookout for games, hobbies, classes, or puzzles that offer new intellectual challenges.



Diets rich in antioxidants help your body reduce oxidation and plaque formations in the brain. Although research is ongoing, a "Mediterranean" diet is especially recommended: fruits, fish, whole grains, and eggs have all been tied to brain health.



In today's fast-paced world it's easy to compromise on rest, but sleep provides a critical time for your brain to recover and recharge. Resolve to raise the quality of your sleep by relaxing before bedtime and removing electronics or anything else that might get in the way of stress-free sleep.



Believe it or not, social interaction is great for the brain. A healthy community can reduce stress, combat depression, and even slow memory decline. Connect with people who will challenge you to think, communicate, and try new things.

RISKY THINKING?

Thoughtful risk assessment is conducted in your "neocortex," an advanced area of the brain found only in mammals that cranks through problems and provides analytical solutions. The neocortex takes up around 76% of the brain to help you listen, speak, and think intelligently!

"The human brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe."

- Michio Kaku