

## 7 WAYS TO IMPROVE MENTAL FITNESS

### EXERCISE REGULARLY

Remember, what is good for your heart is also good for your brain!

Getting 30-60 minutes, several times a week is optimal, but even a little exercise benefits you!

- Walking
- Cycling
- Swimming
- Dancing



### AVOID STRESS

Some stress is inevitable, so having healthy ways to cope is important. Deep breathing is one way to reset quickly.

Box breathing:  
Breathe in for 4 counts. Hold breath 4 counts. Breathe out 4 counts, Hold for 4. Repeat for 2 min (or longer).



### REPORT COGNITIVE CHANGES

Report cognitive changes as soon as you notice them. Talk to your doctor to explore possible causes. Early detection is important!



### THE MIND DIET

Developed to reduce the risk of dementia and combines the Mediterranean and DASH diets.

Lots of leafy greens, berries, and get most of your protein from plants such as nuts and beans.

Limit foods high in saturated fat and sugar



### EXERCISE YOUR BRAIN

- Use different areas of your brain on a regular basis
- Learn about something new
- Use all 5 senses
- Use short-term and working memory
- Do brain games
- Socialize



### STAY PHYSICALLY HEALTHY

Keep blood pressure, blood sugar and cholesterol in normal range.

Get regular check-ups.

Check and correct hearing and vision problems if they arise.



### GET ENOUGH SLEEP

When we are in deep sleep, our brain is washed of toxins including beta-amyloid, a protein whose build up is thought to be involved in Alzheimer's disease.

Try to get 6-8 hours of sleep each night!

