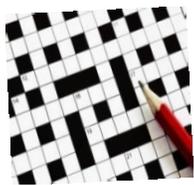


Keeping your brain healthy is easy. Use these 5 steps:

Learn More- Maintaining intellectual activity is essential to brain health and growing and maintaining brain cells. That's right! You can grow new brain cells. Education and information is for the brain what exercise is for the heart. Learning activities offer new opportunities for the learner to experience new things, learn new concepts and stimulate the brain in a new way, thus keeping the brain "plastic." Embrace lifelong learning as a way to keep your mind and body healthy.



- Travel. It is possible to combine travel with volunteer work through voluntourism.
- Consider an activity like a book club or playing bridge.
- Do crossword puzzles or other brain games.
- Learn a new language.

Get Moving- Exercise is hands down the single best thing you can do for your brain, PERIOD. People who exercise are less likely to experience cognitive decline or dementia that is often associated with aging and disease. Exercise gets your heart pumping, keeping your brain fully supplied with oxygen, nutrition and energy.



- Start now. It's never too late to start exercising for brain health.
- Include strength training. It helps build bones and slows muscle loss.
- Dance like nobody's watching. It aids balance and coordination and its fun!

Stay Connected- Meaningful relationships and social interactions are key to cognitive acuity. Studies



find that adults who stay socially connected are more likely to retain memories and cognitive abilities later in life. The take-home message from the recently published study in the *Journal of Health and Social Behavior* is that we need a variety of brain stimulation, including social activity, to keep our minds sharp.

- Play cards or board games with others.
- Use Skype or FaceTime to catch up with family and friends from a distance.
- Sign up for a class at your local recreation center, library, or university.



Eat Well- Add these "smart" foods to maintain a healthy brain as you age.



Nuts and seeds provide vitamin E. Higher levels of vitamin E correspond with less cognitive decline as you age.

Avocados are a good source of monounsaturated fat, which contributes to healthy blood flow to the brain.

Blueberries protect the brain from oxidative stress and may reduce the effects of conditions such as Alzheimer's disease or dementia.

Wild salmon and other deep-water fish are rich in omega-3 fatty acids, which are essential for brain function.

Brewed tea has potent antioxidants which promote healthy blood flow.

Pomegranate juice offers antioxidant benefits to protect the brain from free radical damage.

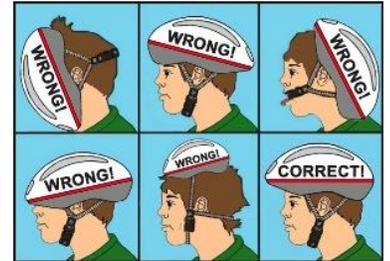
Beans provide steady stream of food energy to fuel the brain.

Whole grains promote cardiovascular health which increases blood flow to the brain.

Dark chocolate-In addition to antioxidants, dark chocolate contains several natural stimulants including caffeine, which enhance focus and concentration and stimulates the production of endorphins to improve mood.

Take Charge- Protecting the brain from injury is very important. Remember, helmets protect from skull fracture, but not from concussion.

- Always wear a properly-fitted, ANSI-certified helmet when engaging in certain sport or recreation activities.
- Evaluate those responsible for safety during practice and games.
- Add lighting to dark areas.
- Use seat belts and infant/child safety seats properly. All children younger than 13 should ride in the back.
- Keep car clean and strap down heavy objects.



Symptoms of a concussion vary depending on both the severity of the injury and the person injured. It's not true that a loss of consciousness always occurs with a concussion. The signs of a concussion may include:

- brief loss of consciousness after the injury
- memory problems or confusion
- drowsiness or feeling sluggish
- dizziness and/or balance problems
- double vision or blurred vision
- headache
- nausea or vomiting
- sensitivity to light or noise
- slowed reaction to stimuli

**KEEP CALM
AND SEE
YOUR
DOCTOR**

See a doctor if you suspect a concussion. If any of these severe symptoms occur after an injury, seek immediate emergency medical treatment or call 911:

- an inability to wake up or coma
- seizures
- draining of blood/fluid from ears or nose
- unequal pupil size
- abnormal eye movement
- lasting confusion
- slurred speech
- repeated vomiting
- weak muscles
- problems walking

