

Stay Cognitively Healthy!!!



Cognitive health — the ability to clearly think, learn, and remember — is essential for healthy living as an older adult. You can take these steps TODAY to maximize your cognitive health:

1 Stay Physically Active

Staying physically active not only improves strength, energy, balance, and mood, it also benefits the brain and your cognition. Exercise stimulates the brain's ability to maintain old network connections and make new ones that are vital to cognitive health.



2 Get Enough Sleep

There is growing evidence that good sleep habits may protect against dementia. One study found that those who slept 7-8 hours per night were less likely to develop Alzheimer's disease than those who slept less than 6 hours per night.



3 Eat Healthy

Eating a healthy diet can help preserve cognitive function and reduce the risk of Alzheimer's. A healthy diet consists of fruits and vegetables; whole grains; lean meats, fish, and poultry while limiting sugar and salt intake.



4 Engage Your Mind



People who engage in personally meaningful activities, such as volunteering or hobbies, feel happier and healthier. Learning new skills may also improve your ability to think. One study found that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities.

5 Engage in Social Activities

Connecting with other people through social activities and community programs can keep your brain active and help you feel less isolated and more engaged with the world around you. People who engage in personally meaningful and productive activities with others tend to live longer, boost their mood, and have a sense of purpose.



6 Manage High Blood Pressure



Decades of observational studies have shown that having high blood pressure in midlife increases the risk of cognitive decline later in life. One nationwide study showed that intensive lowering of blood pressure lowers the risk for mild cognitive impairment.

7 Manage Stress

Chronic stress can change the brain, affect memory, and increase the risk for Alzheimer's and related dementia. Reduce stress by exercising regularly, writing in a journal, practicing mindfulness, and staying positive.



Contact Us! (877) 707-9111
info@apexcare.com
www.apexcare.com