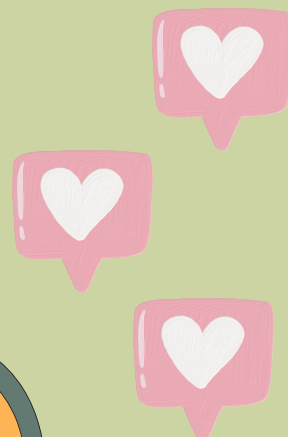


5 STEPS TO BETTER BRAIN HEALTH



1. Get Moving

Research shows that walking just 15-20 minutes, three times a week, has brain boosting benefits. Movement in all forms is a plus. Yoga, swimming, biking!

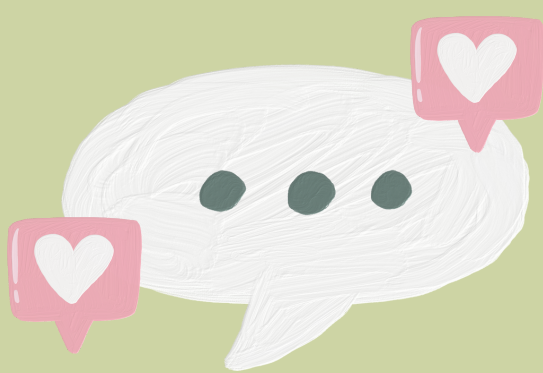


2. Know Your Numbers

Knowing your numbers and monitoring conditions such as diabetes and high blood pressure are essential to brain as well as cardiovascular health.

3. Eat the Rainbow

Instead, increasing the number of fruits and vegetables we consume is a plus. It's the perfect time of year to eat the rainbow.



4. Psychological Well-Being

Find ways to stay socially engaged and intellectually challenged; it's important if not essential.

5. Protect Your Head

Safeguard your brain from injury. Practice fall prevention. Wear a helmet when bicycling and skiing.



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