

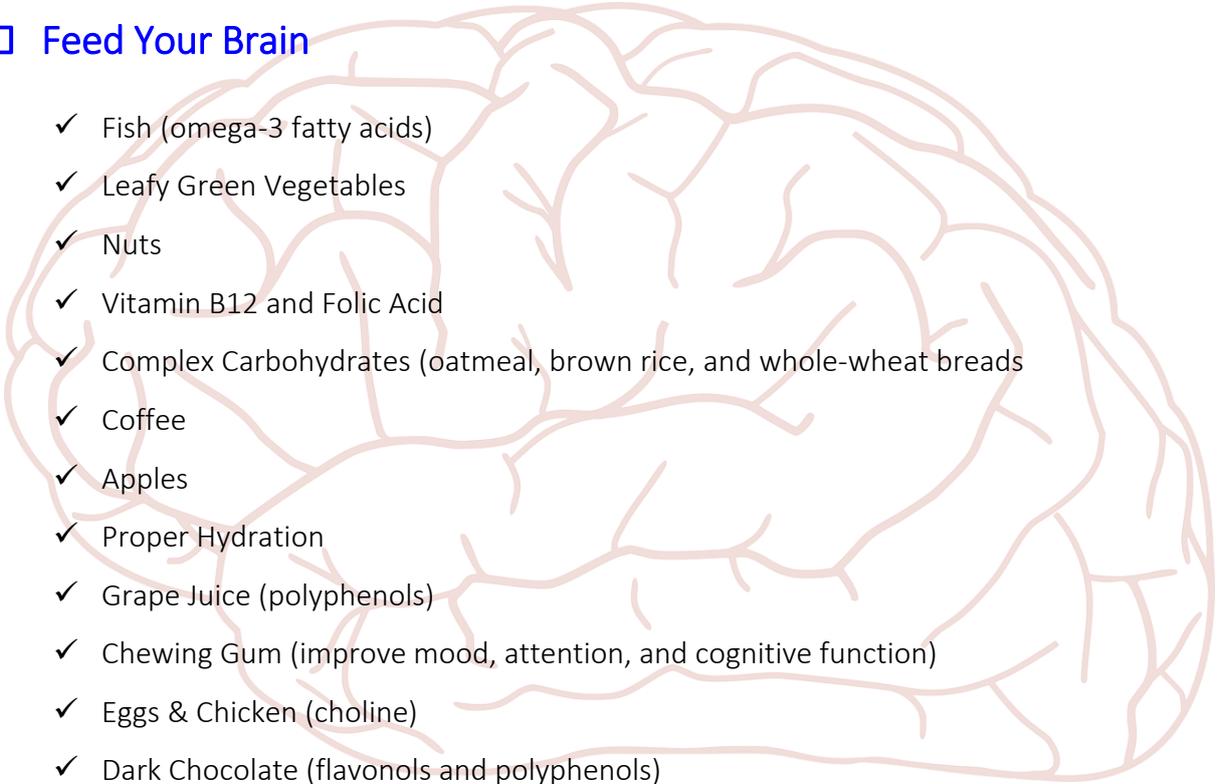


**32 Tips For  
BRAIN HEALTH  
Checklist**

## □ Meditation

- ✓ Promotes brain health
- ✓ Reduces anxiety
- ✓ Improves decision making skills
- ✓ Improves memory
- ✓ Improves attention span
- ✓ Greater cognitive abilities, due to an increase in the gyri formation, which are folds that increase the brain's surface area

## □ Feed Your Brain

- 
- ✓ Fish (omega-3 fatty acids)
  - ✓ Leafy Green Vegetables
  - ✓ Nuts
  - ✓ Vitamin B12 and Folic Acid
  - ✓ Complex Carbohydrates (oatmeal, brown rice, and whole-wheat breads)
  - ✓ Coffee
  - ✓ Apples
  - ✓ Proper Hydration
  - ✓ Grape Juice (polyphenols)
  - ✓ Chewing Gum (improve mood, attention, and cognitive function)
  - ✓ Eggs & Chicken (choline)
  - ✓ Dark Chocolate (flavonols and polyphenols)
  - ✓ Milk (thinking skills and boost memory)
  - ✓ Spicy Foods (preservation of cognitive function and memory)

## □ N Backs Apps for Apple and Android

- ✓ Working memory tasks to improve brain function

## □ Use Your Brain Instead of GPS Tools Navigation

## Cardio Exercise

- ✓ Delays cognitive breakdown
- ✓ Enhances memory and learning

## Muscle Building Exercise

- ✓ Increases mental capacity
- ✓ Cognitive function
- ✓ Spatial memory

## Dance

- ✓ Fewer symptoms of dementia

## Golf

- ✓ Develop coordination and spatial differentiation

## Mow Your Lawn

- ✓ Releases chemicals to boost memory
- ✓ Alleviate stress

## Doodling

- ✓ Stimulates the brain

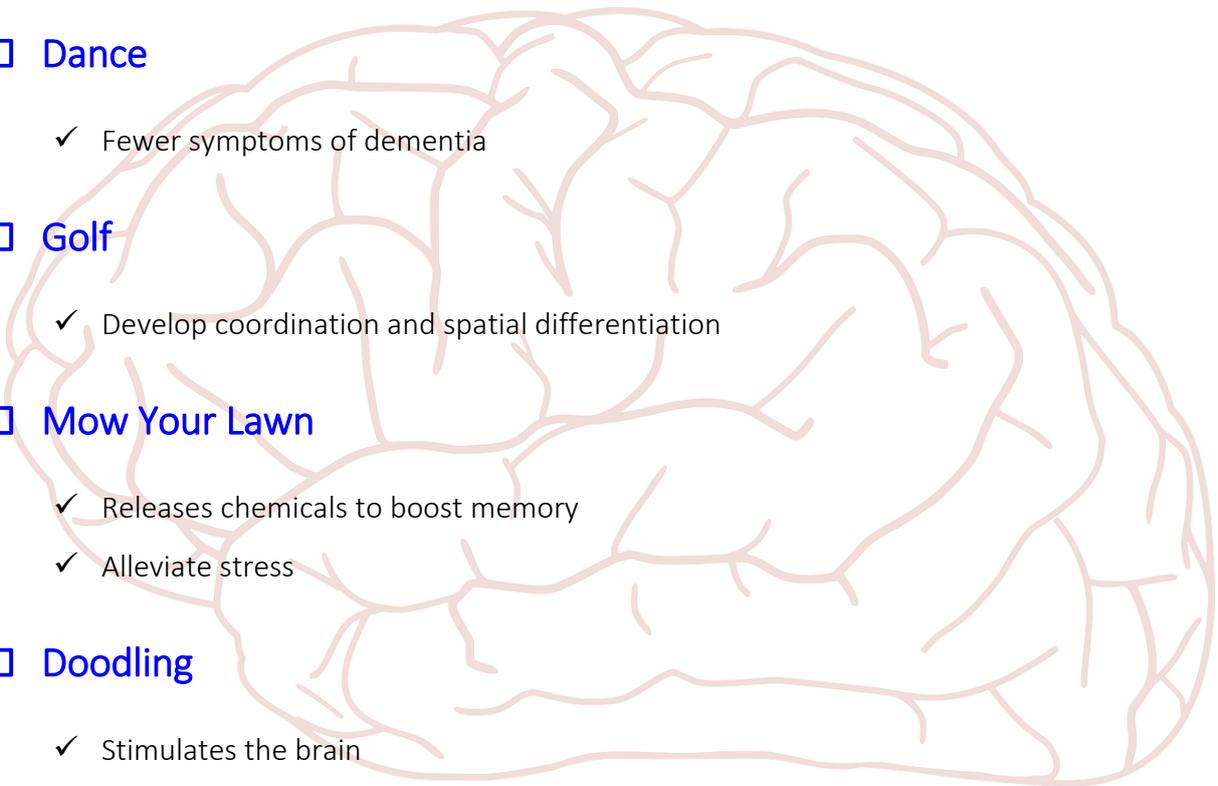
## Let Your Mind Wander

- ✓ Increases the ability to solve problems
- ✓ Boosts creativity

## Eat Less

- ✓ Reduce the risk of neurodegenerative diseases

## Laugh



- ✓ Reduce risks of and improve depression
- ✓ Improve creativity and cognitive performance

## □ Video Games

- ✓ Improve spatial orientation
- ✓ Boost multitasking skills
- ✓ Better vision

## □ Play Chess

- ✓ Improve brain function
- ✓ Reading
- ✓ Memory
- ✓ Imagination
- ✓ Cognitive function

## □ Learn an Instrument

- ✓ Stimulates spatial and visual skills
- ✓ Better motor control
- ✓ Improved hearing

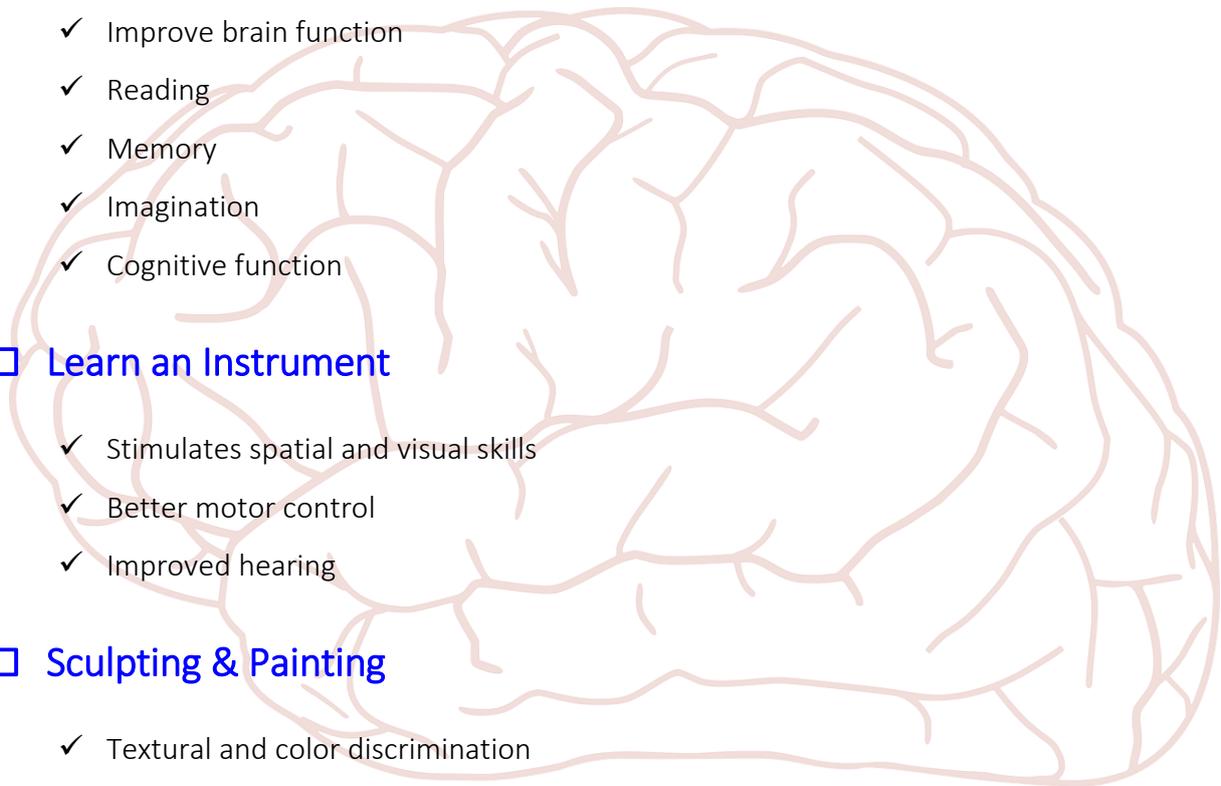
## □ Sculpting & Painting

- ✓ Textural and color discrimination
- ✓ Creative thinking
- ✓ Spatial differentiation

## □ Yoga

- ✓ Elevates GABA levels of the brain, which defends against mood disorders, including depression
- ✓ Improves cognitive functions and concentration

## □ Sleep



- ✓ Improves the ability to think
- ✓ Concentration
- ✓ Attention skills
- ✓ Better mood
- ✓ Memory retention

## □ Naps

- ✓ Improve memory and focus
- ✓ Reverse negative effects from a sleepless night
- ✓ Improve alertness

## □ Explore Your Senses

- ✓ Limit your senses to challenge your brain and enhance the potential of different regions of your brain
- ✓ Eat with your eyes shut, and concentrate on the different flavors, textures, and smells of the food that you're eating

## □ Trace Your Genealogy

- ✓ Studies find those who trace their genealogy perform better in cognitive tests

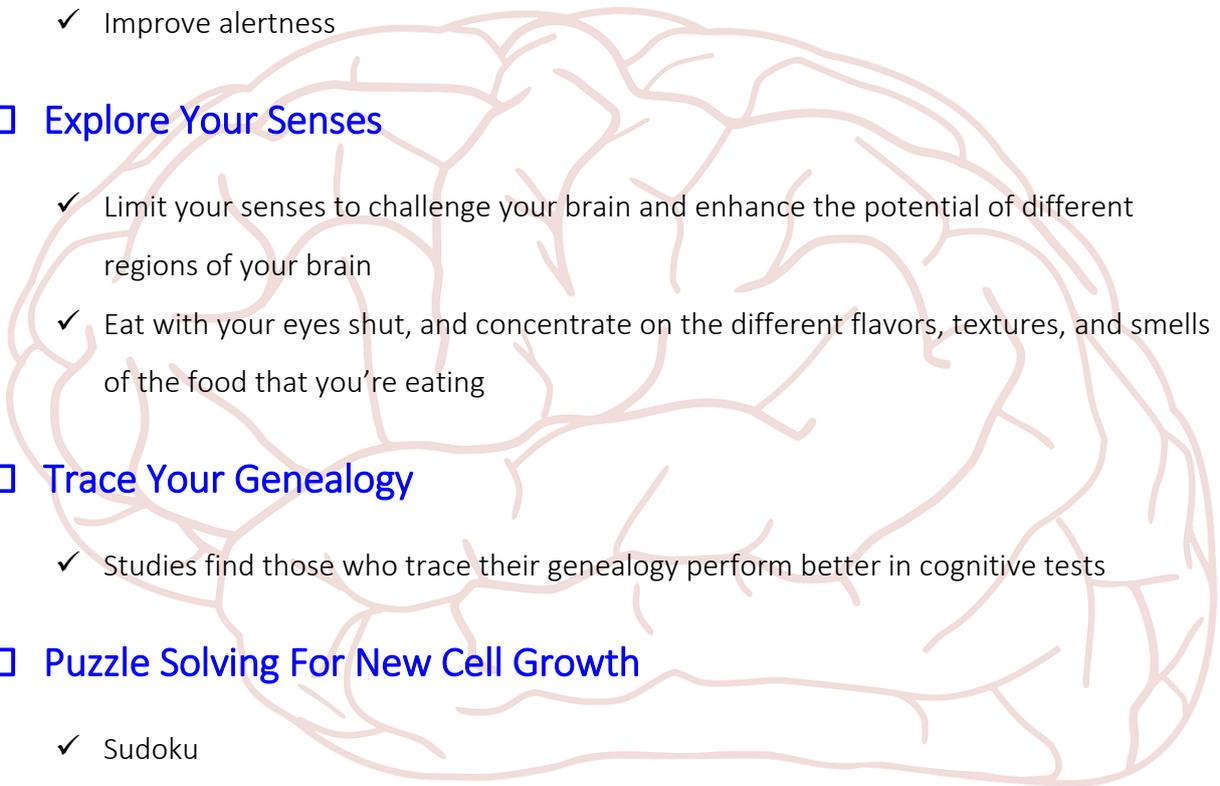
## □ Puzzle Solving For New Cell Growth

- ✓ Sudoku
- ✓ Crosswords
- ✓ Brain teasers

## □ Self-Hypnosis

- ✓ Teaches you to change your focus that reduces stress levels
- ✓ Increases thinking skills
- ✓ Improves pain tolerance

## □ Learn A New Language



- ✓ May prevent neurodegenerative disorders, such as Alzheimer's
- ✓ Studies find bilingual speakers experience a slower development of dementia symptoms
- ✓ Older adults display advanced levels of cognitive function compared to monolingual adults of the same age

### Positive Relationships

- ✓ Stave off mental illness, depression, and mood disorders
- ✓ Promote preservation of memory in the elderly

### Good Conversation

- ✓ Improves cognitive function
- ✓ Improves memory

### Break Routines

- ✓ Breaking routines provides your brain with a stimulus
- ✓ Keeps your brain active and thinking

### Stay Organized

- ✓ Improves cognitive functions
- ✓ Improves memory

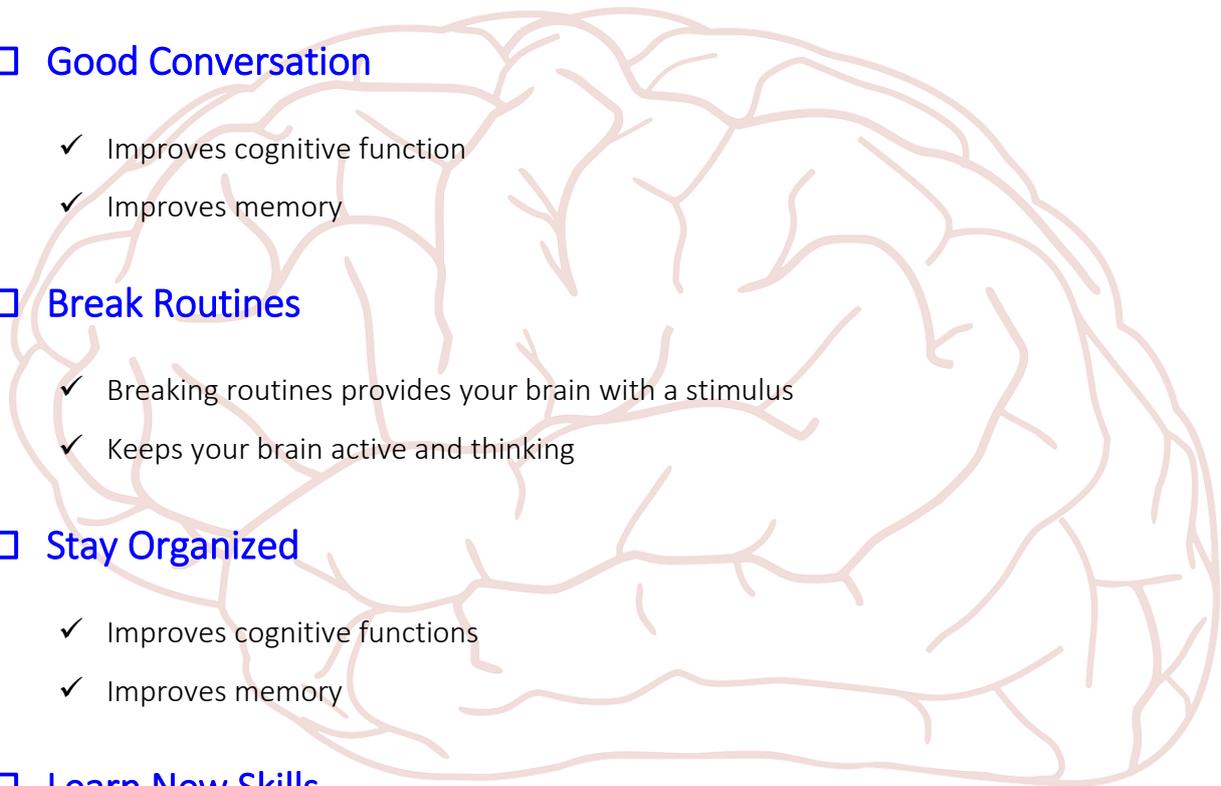
### Learn New Skills

### Write By Hand

- ✓ Effective way for the brain to process information
- ✓ Movement of the fingers activates areas of the brain related to thinking, language, and memory

### Say It Out Loud

- ✓ Improve memory and retention



## □ Stay Positive

- ✓ Reduced risks for psychiatric conditions and brain disorders
- ✓ Improved mood
- ✓ Lower risks for depression
- ✓ Longer life

## □ Quit Smoking

- ✓ Improves oxygen flow to the brain
- ✓ Reduced risk of stroke

## □ Drop Drugs & Alcohol

- ✓ Habitually disrupt normal brain functions
- ✓ Affect brain centers relating to behavior control, cognition, the ability to retain information, and the ability to judge information to make informed decisions

