

EXERCISE YOUR BRAIN



4 Steps to a Healthy Mind

1. Move your body. Exercise increases blood flow to the hippocampus part of the brain which is responsible for memory. This can also lead to the production of new brain cells.
2. Be social. Get involved with your community or participate in your favorite hobby with others. Researchers at Harvard found that those with at least five social ties were less likely to suffer cognitive decline than those with no social ties.
3. Eat your fruits and veggies. Diets that are high in dark colored vegetables and colorful fruits, especially berries, help improve neuronal communication and decrease free radical production.
4. Challenge your brain. Keep your mental wheels turning by engaging in a good book, crossword puzzles, word searches or even *Sudoku*.

