



Brain Boosting Tips

Keeping the brain active impacts overall health and helps increase longevity, while warding off cognitive decline.

Here are some tips to keep the brain active:

Physical exercise

Staying physically active in any capacity is beneficial. Go for a walk, do some yoga, or hop on the treadmill.

Diet and nutrition

Stock up on healthy foods high in antioxidants like fresh fruits, vegetables and omega 3.

Mental stimulation

Challenge your mind with brain building activities that promote quick thinking and problem solving skills and encourage creativity.

Socialization

Get out there! Join a community center, book club, knitting club, or sign up to volunteer in local neighborhood events or charities.

AgeWell New York, a managed care plan, offers health care coverage to support your health care needs, and gives you resources to help you stay healthy.

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