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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