

Healthy habits for a healthy brain...at any age

Here are some tips to maintain a healthy brain:

- **Get enough rest**
Aim for at least 7-8 hours of sleep to help your memory stay sharp.
- **Move your body**
Even a little bit of exercise decreases brain fog and improves memory.
- **Maintain a healthy weight**
Obesity increases the risk of dementia by 80 percent.
- **Solve puzzles**
Challenging activities help maintain brain function.
- **Drink enough water**
A hydrated brain responds more quickly.

Source: Health Shelf