



## Tips for Maintaining a Healthy, Active Brain and Reducing the Risks of Mental Decline

According to neuroscience experts, a physically active and socially engaged lifestyle, along with good nutrition, are great ways to promote brain fitness and delay the onset of memory loss. There are several specific strategies you can utilize for yourself or a loved one who is at risk of cognitive decline.

According to [Dr. Paul Nussbaum](#) and other cognitive function experts, research shows that brain health is protected and promoted by a lifestyle that includes:

- **Socialization:** be actively engaged in life; always have a purpose for getting up each day.
- **Exercise:** as little as 30 minutes of light daily exercise can lower the risk of Alzheimer's.
- **Mental Engagement:** daily reading can decrease the risk of cognitive impairment by 30 to 50 percent.
- **Adequate Rest:** a chronic lack of sleep can increase the risk of serious mental health problems such as depression.
- **Healthy Eating:** in addition to fruits, vegetables, whole grains, lean meats, fish, beans, eggs and nuts, water is essential for the electrical transmissions within the nervous system to make us sensing, learning, thinking and acting organisms.
- **Reduce Stress:** try yoga, tai chi, gardening, meditating, spirituality or walking.

Each of these lifestyle factors is important on its own, but when practiced together in a collective regimen, they represent a powerful approach for maintaining brain health, delaying memory loss and other cognitive decline.

Today, [leading Memory Care Assisted Living Communities \(MCALs\)](#) such as [North Woods Village at Edison Lakes](#) and its [“New Directions”<sup>SM</sup>](#) program provide the full continuum of services that have been shown to support brain health and delay the progression of memory loss from Alzheimer's disease and dementia. At North Woods Village at Edison Lakes, we believe senior adults thrive in an environment that offers an active, vibrant lifestyle with a variety of activities that engage the mind, body and spirit. Our [“New Directions”<sup>SM</sup>](#) program provides a safe, professional environment and proven, [“best-practice” programs and services](#) specifically designed to address the [total physical, emotional and social needs](#) of individuals with Alzheimer's, dementia or other serious form of memory impairment.

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