

## KEEPING A HEALTHY BRAIN AND CLEAR MIND

Practice this daily routine to give your brain a boost. You can sharpen your focus and understanding with these simple daily routines. Discovering how small changes can make a significant difference for your brain health as you age.

The brain is the control center of your body, and influences everything from your thoughts and emotions to your memory and decision-making. Like the rest of your body, your brain thrives on good consistent habits and daily care. The choices that you make everyday...what we eat, the amount of exercise, how we handle daily issues...can have an impact on your brain's health and longevity. Here are a few simple habits that can boost your focus, enhance your memory and support long-term brain health.

### TWO INGREDIENTS THAT MAKE-UP BRAIN HEALTH:

- . Genetics- We can't alter our genetics.
- . Lifestyle- We can alter our lifestyle.

Eventually, these factors weigh into your brain health. The habits that are formed early in life go a long way in determining longevity and quality of life.

## KEY HABITS THAT CAN KEEP YOUR BRAIN SHARP:

1. Sleep- It is through sleep that we rid our brain of unnecessary information

Sleep is crucial for us to have energy and show up in life.

2. Diet- You have to fuel your body with the right nutrients. You should eat three meals a day. A balanced plate has protein, healthy fats and a small amount of carbs.

3. Avoid risky behaviors- Make smart choices:

- Limit alcohol

- Avoid smoking

- Wear a helmet when participating in sports, skiing, rock climbing, riding a bike, etc.

4. Exercise- Exercise gets your blood pumping in order for oxygen to be delivered to your brain.

5. Stress- Stress is the enemy of brain health. We all experience stress in our daily lives but, we have to find a way to manage it. One easy way to relieve stress is exercise.

6. Socializing- We crave spending time with others and experiencing human touch. Regularly spend time with family and friends to experience connection and conversation.

If, you're concerned about your brain health, talk with your primary care physician.

Reference: Jeffrey Tramonte, MD, neurologist

Baylor Scott & White Clinic

Round Rock 300 University