



Aging Gracefully: How to Protect Your Brain Over the Decades

Healthy habits are essential for maintaining cognitive function and sharpness as you age. Here's how to protect your brain at every stage of life.



IN YOUR 20S & 30S: BUILD BRAIN STRENGTH

Exercise for Brain Growth

– Workouts grow brain cells, boost memory

Challenge Your Brain

– Learn new skills, stay flexible

Handle Stress Effectively

– Practice mindfulness to lower stress

Stay Socially Connected

– Build relationships, keep your brain active



IN YOUR 40S & 50S: KEEP YOUR BRAIN SHARP

Brain-Healthy Diet

– Eat veggies and fish to reduce inflammation

Balance Work and Rest

– Rest after challenges to avoid burnout

Watch Your Health

– Control blood pressure to protect your brain

Prioritize Sleep

– Sleep deeply to clear brain waste



IN YOUR 60S & BEYOND: STAY MENTALLY ACTIVE

Build Brain Reserves

– Do challenging activities to delay decline

Protect Your Hearing

– Use hearing aids to prevent cognitive loss

Exercise Your Brain

– Try tai chi for brain and body health

Watch for Early Signs

– Get check-ups to catch problems early



LIFELONG BRAIN-BOOSTING HABITS

Keep Moving

– Stay active to prevent brain shrinkage

Eat Brain-Boosting Foods

– Eat healthy fats and veggies regularly

Manage Stress

– Practice relaxation to build stress resistance

Monitor Your Health

– Get check-ups to personalize brain care