

How to Prepare Your Brain Against Cognitive Decline

Tips to Protect Your Cognitive Vitality:

- Eat more fruit, vegetables, nuts, grains, and fish.
- Strive to get a better night's rest.
- Exercise regularly.
- Practice stress relief techniques.
- Stimulate your brain with social interaction and intellectual challenges.
- Manage illnesses and medications with your doctor's guidance.
- Treat depression, anxiety, grief, and loneliness.
- Participate in clinical research.