

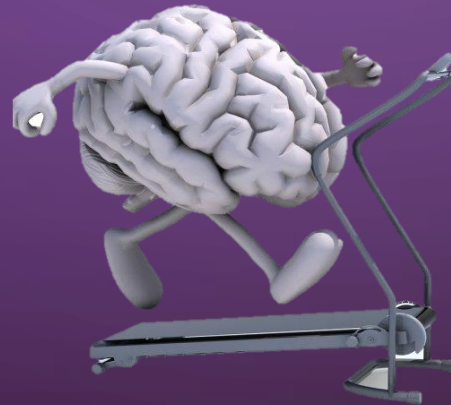
# KEEPING YOUR BRAIN YOUNG

Use your nondominant hand to do simple tasks, such as texting or brushing your teeth; these cognitive exercises – known as “neurobics” – strengthen connectivity of brain cells

Learn a musical instrument – association of sounds, motor actions, and visual patterns, form new neural networks

Read fiction – improves ability to shift mental state

- Mental stimulation
- Physical exercise
- Social networks
- Eat healthy
- Emotional self-care



- Improve blood sugar
- Improve your blood pressure
- Improve your cholesterol levels
- Avoid tobacco
- Don't abuse alcohol