Keeping Your Brain Healthy

Overview

Your brain controls your thoughts, actions and emotions. Keeping it healthy improves your quality of life. Let's look at some ways you can do this naturally.

Exercise

First, focus on physical activity. Regular exercise is crucial for brain health. So try to exercise every day if possible. Choose activities that get your heart pumping, like walking, jogging, swimming or cycling.

Nutrition

Next, eat a well-balanced diet. Eat things like whole grains, lean proteins, fruits and vegetables. Limit sugar, salt and unhealthy fats. And avoid fast food.

Sleep

Also, make sure you get enough sleep. Most adults need at least seven hours of sleep every night, but many of us don't get that much. Doctors believe a lack of sleep may harm your brain health. So set a regular sleep schedule. Focus on getting restful sleep every night.

Avoid smoking and alcohol

Now, let's talk about a few things you know are bad for you: smoking and alcohol. Both harm your brain. So if you smoke, quit. And if you drink alcohol, limit how often and how much you drink.

Engagement

Next, keep your brain active. Spend time with other people. Staying engaged socially stimulates your brain. Make time for hobbies you enjoy, and challenge yourself to learn new things. Reading, puzzles and games can all help keep you mentally alert.

Keep blood vessels healthy

And finally, make sure you take care of medical issues like high blood pressure and high cholesterol. Your brain is full of blood vessels, and it's important to keep them healthy. For more tips, talk to your doctor.