Stay sharp – your brain health matters

Your mind and body are connected. When you're good to your body, your brain also benefits. Physical, emotional, and mental health all work together to support brain health and keep your mind sharp. Here are some tips to help you care for your brain every day.

Get moving

Regular exercise can help your brain make new cells and may lower the risk of Alzheimer's disease and other memory problems.[1] Try walking or jogging for 30 minutes a day. You can also add strength training for better coordination and memory[2] and yoga or stretching to reduce stress and enhance focus.

Feed your brain

What you eat can affect how well you think and feel.[3] Choose whole grains, leafy greens, and berries to get healthy nutrients. Lean proteins, like fish and nuts, add brain-boosting omega-3s. Cutting back on sugar and highly processed foods can also help you think more clearly.

Give your brain a break

Good sleep is key to memory, learning, and focus. During sleep, your brain processes information, repairs cells, and strengthens connections.[4] So try to aim for 7 to 9 hours of uninterrupted sleep. For better sleep, follow a bedtime routine with relaxation techniques like deep breathing exercises and gentle stretching. Limit your screen time before bed because the blue light can make it harder to fall asleep.

Your brain is your body's command center. Take care of it today for a healthier tomorrow. Learn more at kp.org/brainhealth.

1. Sukai Wang, et al., "Exercise Dosage in Reducing the Risk of Dementia Development: Mode, Duration, and Intensity – A Narrative Review," *International Journal of Environmental Research and Public Health*, December 17, 2021. **2.** Austin Perlmutter, MD, "The Surprising Brain-Health Benefits of Weightlifting," *Psychology Today*, February 14, 2024. **3.** Elizabeth Bertrand, RDN, "Maximize Memory Function with a Nutrient-Rich Diet," Mayo Clinic Health System, May 30, 2023. **4.** "Sleep Your Way to a Smarter Brain," American Heart Association, January 25, 2024.

KAISER PERMANENTE®