SUNDAY MORNING HEALTH CORNER

Brain Health Awareness

Every day, scientists are discovering new ways that our minds and bodies are connected. It turns out that many things we do to keep our bodies healthy may also be good for our brain health. Here are some important steps we can take to improve and maintain a healthy brain:

Get Some Sleep. Poor sleep habits can affect your memory and thinking. Get 7 to 8 hours of sleep for a good night's rest.

Find a new hobby. Learning new things help engage your brain. Start dancing or learn a new language. Challenging your brain regularly is fun and beneficial.

Maintain your balance. Strengthening the body with balance exercises help reduce your chances of a fall-related head injury or a traumatic brain injury.

Get moving. Being active can help reduce risks to your brain. Try walking or playing with the grandkids – anything to get the heart pumping.

www.balmingilead.org
620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256

THE BALM IN GILEAD INC.™