



Prescriptions for Brain Health

Evidence from recent clinical trials supports these recommendations for promoting brain health in mid to later life.

- ☐ Aim for engaging in physical activity **4 days a week** and **strengthening exercises 2 days a week**.
- ☐ **Stay socially connected!** Consider volunteering for a local organization or joining a group focused on an activity you enjoy, such as walking.
- ☐ **Challenge your brain** in ways that are fun to you! Try crossword puzzles, reading, games, or volunteering.
- ☐ Eat more greens, berries, fish, olive oil and nuts, and less fatty and processed foods. **We recommend taking a multivitamin.**
- ☐ Meet with your doctor to discuss target numbers for healthy blood pressure and LDL cholesterol levels. **For brain health, we recommend starting treatment at blood pressure readings of (130/80).**
- ☐ **Aim for 7-8 hours of sleep a night.** If you are struggling with sleep or breathing at night, talk to your doctor about treatment.
- ☐ If you are dealing with hearing loss, talk to your doctor about **hearing aids**.