

Brain Health is Optimal Health!

Both brain and physical health are two very important components of living a healthy life, especially as we get older.

A little progress each day adds up to BIG results! Start with these tips today!

Tips for a Healthy Brain!



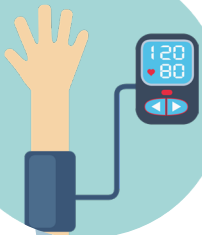
Get Moving

Increase heart rate and blood flow for at least 30 minutes daily.



Giving Up Tobacco Products

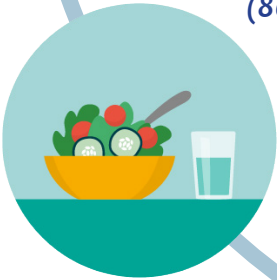
lowers your risk of developing heart disease, cancer, lung disease, and other smoking-related illnesses. **Need Help Call Quit Now Virginia**
1-800-QUITNOW | 1-800-784-8669.



Manage Chronic Conditions such as arthritis, diabetes, high blood pressure, and high cholesterol.
(804) 864-7761



Additional Resources



Eat a Healthy Diet

high in fruits and vegetables, especially berries and green leafy vegetables.



Get a Good Night's Sleep
for at least 7-8 hours.



Schedule Regular Checkups
with your doctor for routine screenings and vaccinations.



Engage and Connect with Your Community

to participate in health promotion and wellness activities and events.