



# 6 Healthy Brain Habits

1

## Be Social



Keep in touch with friends and family don't let yourself get self-isolated.

4

## Ongoing Exercise



Move throughout the day aim to reach 2 and a half hours of moderate physical activity a week.

2

## Engage Your Brain



Find ways to stimulate your thinking and explore new interests and hobbies.

5

## Restorative Sleep



Get 7 to 8 hours of restful sleep every day.

3

## Manage Stress



Practice relaxation, and maintain a daily schedule.

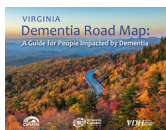
6

## Eat Right



Choose a nutritious heart healthy diet including fish veggies fruits.

For information on resources in your area, contact your local Area Agency on Aging or the Alzheimer's Association.



To find your Area Agency on Aging, call 1-800-552-3402  
Alzheimer's Association 24/7 Helpline: 1-800-272-3900



The information on this tipsheet is taken from *Virginia Dementia Road Map: A Guide for People Impacted by Dementia*.  
Download your copy of the Road Map by scanning the QR code or visit: [vda.virginia.gov/DementiaCapableVA.htm](http://vda.virginia.gov/DementiaCapableVA.htm)