



Rehab News

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Healthy Habits to Benefit Your Brain and Body

Although research is still developing, there is strong evidence that people leading a healthy lifestyle can lower their risk of developing Alzheimer's disease and other types of dementia. By following these tips, you can take the steps to reduce your risk of cognitive decline.

1. Cardiovascular Exercise

Incorporate physical activity that raises your heart rate and increases blood flow to your brain and body such as walking, swimming, and aerobics.

2. Brain Challenge

Stimulate your brain by playing bridge, chess, and crossword puzzles. Challenge your brain by trying something new like learning a new language or playing an instrument.

3. Healthy Diet

The Alzheimer's Association suggests a diet that is rich in vegetables and fruits and low in fat may help to protect brain cells.

4. Laughter

Most people agree that laughing can cheer you up, but did you know laughing can lower stress hormones, stimulate your brain, and reduce stress. Tell a funny story to a friend or watch a comedy movie.

5. Sleep

During sleep, the brain is able to repair and regenerate. Quality sleep is essential for healthy brain function.

If you or someone you know is having problems with completing daily tasks, comprehension and/or expressing thoughts, please talk with a doctor. Ask your doctor if you could benefit from physical, occupational, or speech therapy.