

Keeping Your Brain Healthy For Life

The brain controls everything we do—our memories, our mood, and our independence. Small, healthy habits today can help protect your brain and support the life you want to keep living.



★ CHALLENGE YOUR BRAIN IN THREE DIFFERENT WAYS

1 SHAPES & PATTERNS

Examples:

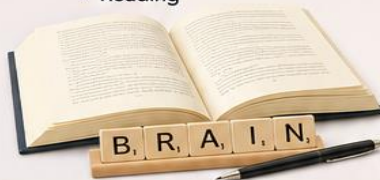
- Jigsaw puzzles
- Tangrams
- Pattern games
- Spot-the-difference



2 LETTERS & WORDS

Examples:

- Crosswords
- Word searches
- Scrabble
- Reading



3 NUMBERS

Examples:

- Sudoku
- Logic puzzles
- Mental math
- Number games



Mix It Up!

Your brain benefits most when you challenge it in different ways. Try to regularly include activities involving shapes, letters or words, and numbers to keep multiple parts of your brain engaged.



MANAGE YOUR BLOOD PRESSURE

Healthy blood pressure supports healthy blood flow to the brain and may help reduce your risk of stroke and cognitive decline.



STAY PHYSICALLY ACTIVE

Regular exercise improves blood flow to the brain, supports thinking skills, and benefits both your body and your mind.



PRIORITIZE SLEEP

Quality sleep allows your brain to process memories, restore itself, and clear away waste so you can think more clearly.



STAY CONNECTED

Spending time with family and friends, volunteering, or joining clubs keeps your brain active while supporting emotional well-being.



KEEP LEARNING EVERY DAY

Stay curious! Learning new things—big or small—helps build new brain connections and keeps your mind sharp.

QUESTIONS FOR KAREN



Should I be worried if I occasionally forget names or where I put my keys?



Are there medical conditions that increase my risk for memory problems?



What signs of memory changes should I watch for?



Karen's Corner

One of the questions I hear most often is how to keep the brain healthy as we age. My advice is simple: keep your brain active in different ways. Read if you enjoy it. Work on puzzles. Learn something new. The goal isn't to master one activity—it's to regularly challenge different parts of your brain.

Combined with exercise, healthy sleep, and controlling medical conditions like high blood pressure, these habits can help support brain health for years to come.



BRAIN HEALTH TAKEAWAY



Move your body.



Read every day.



Challenge your brain in different ways.



Sleep well.



Stay connected.

Small habits today. A healthier brain tomorrow. 

407-867-1758

karencorner@carter-familypractice.com

carter-familypractice.com
cfpcarehub.com

RELATIONSHIP • ACCESS • TRUST