



Six Pillars of Brain Health

Lifestyle habits are important when it comes to brain health. Our brains adapt and respond to changes by forming new cellular connections and strengthening existing ones. Not only does your level of physical activity and quality of nutrient intake matter, but things like social interaction and play are important for your brain too!

Physical Exercise improves blood flow and memory, boosts brain power and learning, improves mood, enhances concentration, improves balance and increases decision-making skills.

Nutrition is a critical component of brain health. Research indicates that a Mediterranean diet may reduce the risk of Alzheimer’s disease. Omega-3-rich fish, green leafy vegetables, olives, nuts and whole grains help maintain brain health.

Sleep and Relaxation improve your immune function and may reduce the buildup of abnormal proteins, called beta-amyloids, in the brain. Meditation, stress reduction, positivity, gratitude and happiness can support brain health.

Social Interaction, stimulating conversation and spending time with family and friends protects you against memory loss.

Controlling Medical Risks such as hypertension, diabetes, obesity, high cholesterol and head trauma protect your brain.

Mental Fitness is just as important as physical fitness and it too can be strengthened! The old saying “use it or lose it” has never been truer than when it comes to mental fitness. Study, learn new languages, partake in hobbies, enjoy the arts and play!

Mental Fitness Mobile Phone App Resources:

There are many choices when it comes to brain-training tools – here are a few mobile app suggestions.

- Peak – Brain Training
- Lumosity: Brain Training
- Elevate Brain Training



Brain-Healthy Foods Include:

- ✓ Green leafy vegetables
- ✓ Other vegetables
- ✓ Nuts
- ✓ Berries
- ✓ Beans
- ✓ Whole grains (quinoa, etc.)
- ✓ Fish
- ✓ Poultry
- ✓ Olive oil
- ✓ Red wine (in moderation)
- ✓ Turmeric
- ✓ Chocolate

Source: Healthy Brains by Cleveland Clinic (healthybrains.org)



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