Give your brain a boost

The brain is the hub for our entire body, supporting how we think, feel, and move every day. But as we get older, the brain changes and can become less effective. The good news is there are simple steps you can take to improve your brain health today and into the future.

Exercise regularly

When you're good to your body, your brain benefits too. Regular exercise has been shown to increase development of new brain cells and lower the risk of Alzheimer's and other dementias.

Mix it up

Look for new activities and opportunities to stimulate your brain. Learn a new skill, play a new game, or study a new language. Even things like cooking or baking can improve brain health.

Eat brain-healthy foods

Healthy eating is essential for memory, mood, and focus. Try to limit refined sugar and processed foods in your daily diet and focus on fresh, whole plant-based foods.

Scan the QR code or visit kp.org/brainhealth for more ways to be good to your brain.

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