

5 DAILY HABITS THAT PROTECT YOUR BRAIN FROM MEMORY DECLINE

01

NOURISH YOUR BRAIN WITH THE RIGHT FOODS

Your brain is hungry for nutrients that reduce inflammation and support neuron function. Prioritize leafy greens, colorful vegetables, berries, and healthy fats (like olive oil and omega-3 rich fish)

02

PRIORITIZE RESTORATIVE SLEEP

During sleep your brain cleans itself, flushing out toxins and consolidating memories. You need 7–9 hours of quality sleep. Stick to a bedtime routine, avoid screens before bed, and keep your room dark and cool.

03

MOVE YOUR BODY, FUEL YOUR MIND

Exercise increases blood flow and stimulates the growth of new brain cells. Aim for at least 150 minutes per week of moderate aerobic activity. Add resistance training and balance exercises for whole-body support.

04

MASTER STRESS BEFORE IT MASTERS YOU

Chronic stress shrinks key memory centers in the brain. Practice stress-reducing activities like meditation, yoga, journaling, or simply deep breathing.

05

FILL IN NUTRIENT GAPS

Even with a great diet, many people miss key brain-supportive nutrients. Vitamin D, B vitamins, magnesium, and omega-3s are critical for cognitive health.