



# FOUR TIPS

To Live a Brain Healthy Life



## Healthy Lifestyle

Emotional health, social, physical, spiritual, meaningful activities, yoga, meditation, and routine medical care are important to your well-being. To help further preserve your brain health, it is important to have a healthy overall lifestyle. Keep active and avoid high-risk behaviors. Doing these things will help you keep your brain healthy!



## Healthy Diet

Eat whole, unprocessed foods. Reduce white carbohydrates and sugars. Introduce variety into your diet. Aim for 7 servings of vegetables a day. Practice mindful eating.

Some brain healthy foods include:

**Blueberries**—they protect the brain from oxidative stress and reduce effects from age related conditions like dementia

**Wild salmon**—rich in omega-3, which is essential for brain function and contains anti-inflammatory substances

**Nuts/seeds**—good source of vitamin E which correspond with less cognitive decline

**Avocados**—promote brain health and contribute to healthy blood flow and lowers blood pressure

**Broccoli**—rich in vitamin k, vitamin C, and choline (which will keep memory sharp)

**Coconut Oil**—anti-inflammatory, suppressing cells responsible for inflammation and can help with memory loss as you age.

**Dark chocolate**—chock full of flavonols, which have antioxidant and anti-inflammatory properties and can also lower blood pressure and improve blood flow to the brain and heart



## Exercise



- ✓ SOME physical activity is better than NO physical activity
- ✓ REDUCES sedentary lifestyle to REDUCE secondary health consequences
- ✓ IMPROVES mood, REDUCES risk of depression
- ✓ IMPROVES memory and brain function
- ✓ HELPS to de-stress
- ✓ IMPROVES focus and goal attainment

## Sleep



- ✓ Get ENOUGH sleep
- ✓ REDUCE caffeine intake
- ✓ STAY on a schedule
- ✓ LIMIT napping
- ✓ LIMIT television
- ✓ USE alarm clock to keep same schedule
- ✓ INCREASE time outside and meaningful activities

**Egg yolks**—contain choline, which helps in fetal brain development, and bethane, which produces hormones related to happiness

**Extra Virgin Olive Oil**—contains powerful antioxidants polyphenols which may improve learning and memory and reverse age and disease related changes, fights against ADDLs proteins that are toxic to brain

**Green, leafy vegetables**—slows mental deterioration and help fight inflammation

**Rosemary**—helps protect the brain from neurodegeneration and free radicals

**Turmeric**—boosts antioxidant levels, increases immune system, improves brains oxygens levels and keeps you alert to process information

**Walnuts**—improves cognitive health and mental alertness



Brain Injury  
Alliance  
I O W A



# Brain Injury Alliance

I O W A

## Neuro Resource Facilitation Can Help YOU!

BIAIA's Neuro Resource Facilitation team can help survivors and caregivers connect to resources, programs, and education in their areas, to live a healthier life. Please contact us today!

**855-444-6443**

**info@biaia.org**

**www.biaia.org**

## Neuro Resource Facilitation

---

Dedicated to helping you choose, get, and keep needed services and supports

---

Helping to research answers to your questions about brain injury

---

Assisting to locate brain injury resources

---

Services available to people with brain injuries, their family members, and the professionals that work with them

## Brain Injury Alliance of Iowa

---

7025 Hickman Rd  
Suite 7  
Urbandale, IA 50322

---

(855) 444-6443  
info@biaia.org  
www.biaia.org