

# VitaMin

Vital health information in a minute



## BOOST YOUR BRAIN POWER

Everyone has minor memory lapses from time to time – like losing keys or forgetting names. That’s normal. The good news is, you can take healthy steps now to help protect your brain. Try these tips to enhance your brain health at any age.

### Eat smart to boost brain power

You can fight back against age-related dementia and cognitive decline by making healthy food choices.<sup>1</sup>

- › **Don’t skip breakfast.** Fuel your body with a healthy breakfast, which may improve short-term memory and attention. Focus on high-fiber whole grains and fruit.
- › **Enjoy a handful of berries.** Foods with powerful antioxidant properties, such as blueberries, may reduce and even reverse age-related damage to brain cells.
- › **Add avocados to your lunch.** The healthy fats in avocados are essential for brain and heart health.
- › **Snack on nuts and seeds.** These are a good source of vitamin E, which may help keep your mind sharp.
- › **Eat fish two times per week.** Omega-3 fatty acids found in certain fish are believed to protect the brain.

### Get your heart pumping

When you have healthy blood flow from the heart to the brain, your brain can function better. Help your brain by breaking a sweat.

### Sources:

1. WebMD. “Slideshow: Brain Foods That Help You Concentrate.” Web (last reviewed/updated November 14, 2017).
2. WebMD. “9 Brain Boosters to Prevent Memory Loss.” Web (last reviewed/updated August 17, 2016).

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

- › **Go for a walk.** Aerobic exercise can help protect memory and thinking skills.<sup>2</sup> This includes any activity where you break a sweat and get your heart pumping.
- › **Blow off steam.** When you’re stressed, your body releases cortisol, a hormone that can negatively affect the brain’s memory center.<sup>2</sup> Focus on physical activity that helps you relax and let go of stress, whether it’s strength training, kickboxing or yoga.

### Challenge your mind

Have you flexed your memory lately? Mental exercise stimulates the brain and memory, and it’s something you need to do every day to stay sharp.<sup>2</sup> Engage your brain with mentally challenging tasks.

- › **Do mental math.** How much will it cost to fill up the tank with gas? Try to run the numbers in your head instead of reaching for a calculator.
- › **Play mind games.** Test your skills with a crossword or sudoku puzzle. Try a brainteaser book or app for fun.
- › **Learn something new.** Take an art class or learn a few words in a new language.

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