

Keep your brain healthy and sharp!

As you age, it's normal to occasionally forget someone's name or a place. But forgetfulness shouldn't disturb your daily life – like brushing your teeth or buttoning your shirt. If you're worried about memory loss, talk with your doctor and take steps to maintain a healthy brain. Did you know the foods you eat can also impact your memory?

Here are some tips to maintain a healthy brain:

- **Eat healthy**
Nutritious foods to help improve your focus.
- **Socialize**
Connecting with others to help boost memory.
- **Limit alcohol consumption**
Alcohol can make it harder for your brain to store and recall information.
- **Move your body**
Even a little bit of exercise decreases brain fog.
- **Exercise your brain**
Read, write, solve puzzles, and play a game of cards to strengthen your brain.

Source: Health Shelf