

Ozanam Hall

Nursing Home of Queens

Top Habits for Better Brain Health

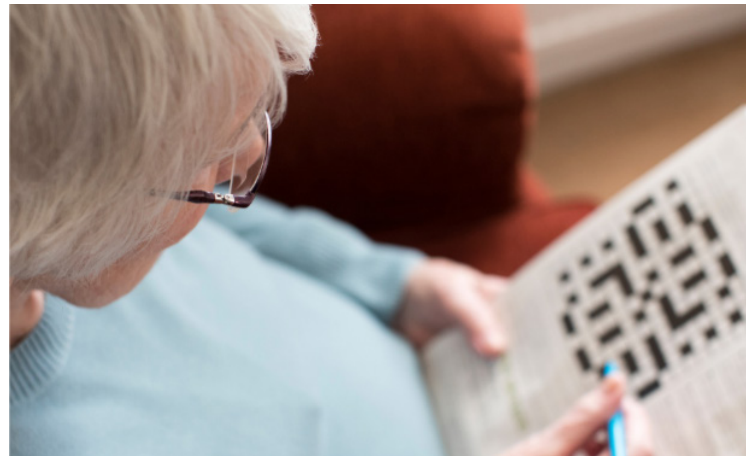
Cognitive wellness is just like physical wellness—there are many habits and exercises adults of all ages can adopt to help strengthen and improve it! While our brains can be affected by age-related changes, developing new habits may help make a difference to improve brain health, memory, and cognition. When adopting these lifestyle changes you may notice an increase in mood or find motorfunctions easier than they were previously. Check out these five healthy habits to improve your brain health!

Keep Moving

Staying active as we age helps your brain produce the hormones needed to fuel the rest of your body. Activity also helps improve your balance, energy, mood, and strength! Adding exercise into your daily routine can help increase your brain health while increasing blood flow to the brain. Stay active by taking a stroll outside, trying chair yoga, garden for an afternoon, or dance with a friend!

Stimulate Your Mind

Just like the rest of your body, your brain needs exercise too. Intellectual engagement can improve your thinking ability, and make you feel happier and healthier. Stimulate your mind by staying social, play a card game, complete a puzzle, or just try something new! Brain games, puzzles, hobbies, and critical thinking opportunities are great exercises for cognitive recollection.



Be Aware of Physical and Mental Health Problems

Health conditions including high blood pressure, diabetes, Alzheimer's, dementia, depression, and stroke pose a risk to brain function. Staying aware and educated on conditions that you or a loved one may have or develop can help increase your mental health. Knowledge is power!

Healthy Diet

Healthy body equals happy brain! Avoid high fat or high sodium foods, as these types of foods can lead to health problems. Try eating more dark leafy greens, fish, and berries rich with antioxidants. Those kinds of foods have key nutrients that helps fuel your cognitive health!

About Ozanam Hall

Ozanam Hall in Bayside, NY is committed to providing holistic care in an atmosphere of Christian understanding and faith. Our services include skilled nursing, short-term rehab, long-term care, dementia care, hospice care, palliative care, and pastoral care, and our community offers food and nutrition services, 24-hour skilled nursing, and creative activities to keep you or a loved one engaged. Ozanam Hall's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.



To learn more or schedule a tour, call 718.423.2000 or visit: www.ozanamhall.org
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