

**WAYS TO
IMPROVE**



**BRAIN
HEALTH**

43.8 MILLION
American adults
experience mental illness
each year.



5.7 MILLION
Americans are living with
Alzheimer's dementia.



DANCING

Dancing offers social interaction and a distraction from the day's stress. It's also a great way to get aerobic exercise. Dancing challenges the mind, which supports a healthy brain.



RUNNING

Studies have shown aerobic exercise like running reduces anxiety and depression. Being active may also reduce the risk of Alzheimer's disease.



SLEEPING

Lack of sleep hurts reasoning and problem-solving skills. Some studies suggest that sleep helps clear out toxins from the brain, helping it to stay healthy and sharp.



RELAXATION

Deep breathing, prayer and meditation can help relax the mind and lower stress levels. Long-term stress can damage how the brain works, so coping with stress in healthy ways gives your brain a boost.

Sources: National Institutes of Health, Alzheimer's Association, National Alliance on Mental Illness