

Healthy Mind, Healthy Life: Essential Brain Tips

As we age, our brains naturally undergo changes affecting daily functioning. Understanding these shifts and adopting science-backed strategies can optimize brain function.

What is brain health?

According to the National Institute of Aging, brain health refers to how well your brain functions in four major categories:¹

- Cognitive health: Learning, processing information, and remembering things
- Motor function: Controlling movement, including balance
- Emotional health: Interpreting and responding to emotions
- Tactile function: Noticing sensations of touch, including pain, pressure, and temperature

All of these can be affected by age-related changes, in part because of structural shifts in the brain itself.²

Embracing brain health

When we talk about brain health, we're talking about so much more than just memory. It's about how well our brains handle learning, movement, emotions and even the sensations of touch.¹ As we age, these aspects can shift, but there's plenty we can do to keep our brains humming along happily.

Feeding Your Brain Well

What you eat nourishes your brain as well as your body. The Mayo Clinic recommends combining the best of two of the healthiest diets³. One is the [Mediterranean diet](#), which focuses on fruits and vegetables, whole grains, and lean protein. The other is the [DASH diet](#), which was developed for heart health. Here are the major components:

- Dark leafy greens and a variety of vegetables
- Fish, especially fatty fish like salmon, chicken and turkey
- Beans, nuts and olive oil
- Whole grains

Read more about the benefits of healthy eating [8 Delicious Ways to Eat Your Way to Better Brain Health](#).

Exercise: Your brain's best friend

Let's not forget about the magic of movement. Exercise is a powerful tool for improving brain health, with benefits including better cardiovascular health, increased blood flow to the brain, reduced stress levels, stronger nerve fibers, and enhanced neural connections.⁴ Even small increases in daily movement can positively impact brain function. Whether it's a brisk walk, a dance class or some gentle yoga stretches, every bit of movement counts toward keeping your brain happy and healthy.

Get active with SilverSneakers®

SilverSneakers is more than a traditional fitness program — it's a way of life. Designed specifically for seniors, there's something to help them get started and achieve their health and fitness goals. And it may be included with their Medicare Advantage plan at no additional cost.

With SilverSneakers, members get access to:

- A nationwide network of participating locations⁵, with group fitness classes⁶ at select locations
- [SilverSneakers LIVE](#) online classes and workshops taught 7 days a week by instructors trained in senior fitness
- [SilverSneakers On-Demand](#) library with 200+ online workout videos
- SilverSneakers GO mobile app with digital workout programs
- SilverSneakers Community classes offered in neighborhood locations outside of the gym
- Bernalong® with a supportive virtual community and thousands of classes for all interests and abilities
- Various articles to help you along your journey

Have members go to [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted) to activate their FREE SilverSneakers member account and get their Member ID number today.

1. <https://www.nia.nih.gov/health/brain-health/cognitive-health-and-older-adults>
2. <https://www.publichealth.columbia.edu/news/changes-occur-aging-brain-what-happens-when-we-get-older>
3. <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/expert-answers/alzheimers-prevention/faq-20058140>
4. <https://health.clevelandclinic.org/exercise-and-brain-health>
5. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
6. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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