



Working **WELL**

*Working Well is a monthly email series from CDPHP featuring health and wellness tips for CDPHP members and non-members. This edition focuses on brain health. **Feel free to forward this email to your employees to help them live their healthiest lives.***

Be good to your brain

Six Tips for a Healthy Brain

Your lifestyle can have a significant impact on your brain health. Check out these tips for keeping your mind sharp:

Move your body. Regular exercise can lower your risk of developing Alzheimer's disease. Exercise improves blood flow and memory while stimulating chemical changes in the brain that enhance learning, mood, and thinking.



Eat smarter. As you age, your brain is exposed to more harmful stress due to lifestyle and environmental factors, resulting in a process called oxidation that can damage brain cells. Foods rich in antioxidants such as fish, nuts, leafy greens, and other vegetables can help fend off the harmful effects of oxidation.

Lower health risks. Hypertension, diabetes, obesity, depression, head trauma, higher cholesterol, and smoking all increase the risk of dementia. Get your annual check-up and follow your doctor's recommendations to keep your body and brain healthy.

Get some rest. Getting plenty of quality sleep can improve your energy, mood, and immune system. It also may reduce buildup in the brain of an abnormal protein called beta-amyloid plaque, which is associated with Alzheimer's disease. Aim for seven to nine hours of sleep each night.

Activate your brain. Mental exercises may improve your brain function and promote new brain cell growth, decreasing your likelihood of developing dementia. Learning a new activity, studying, and games such as chess and crossword puzzles are great ways to exercise your brain.

Be social. Leading an active social life can protect you against memory loss. Studies have shown that maintaining relationships, stimulating conversation, and staying connected with family and friends are all good for your brain health.

For more information on brain health, [check out these tips](#) from the Centers for Disease Control and Prevention.

CDPHP members

If you're struggling with cognitive decline or have been diagnosed with a related condition, call the CDPHP Care Team at [1-888-942-3747](tel:1-888-942-3747) and get connected to helpful resources.