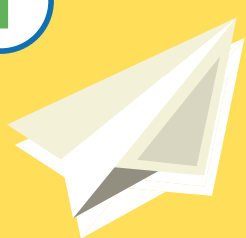
5 Strategies To Boost Brain Function

1

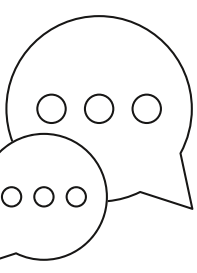


Prepare in advance for a task by ensuring your environment has all the resources you need.

2

Use a balance of internal and external strategies, such as verbalizing a task while placing it on a calendar.

4



Participate in specific intellectual activities such as reading, photography, and playing a musical instrument.

3

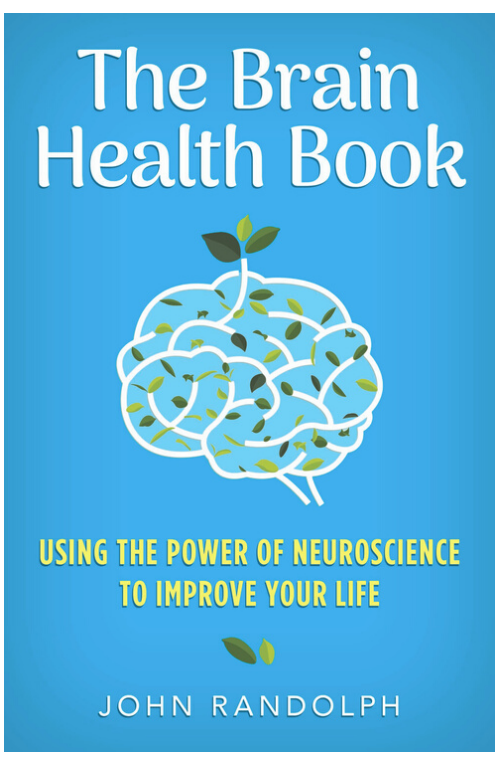
Frequent social activity benefits cognitive health and appears to fight aganist dementia.

5

Exercising for at least 15-20 minutes per day improves brain and cognitive health.

Learn More In

The Brain Health Book

by John Randolph

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