



# Keep your brain in shape

As you age, maintaining healthy brain habits is good for your mind, body and spirit. Take this quiz to find out how you can improve your brain health.

- > Less than 8 hours of sleep a day can limit your ability to recall information.
- > Exercise at any age improves brain activity and memory.
- > Your risk for developing dementia is 80 percent higher if you are obese.
- > Crossword puzzles and strategy games helps maintain brain function.

*Answer: All of these statements are true! Along with mental stimulation, physical exercise, a healthy diet and building social networks all help your brain perform at its best as you age.*

## Healthy aging SEPTEMBER

**Talk with your doctor about what you can do to keep your brain in shape.**

For additional support, call 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com) to talk with a health coach. (TTY users, please dial 711.)

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