

Take control of your memory and brain health

You have the power to optimize your cognition by adopting a combination of key healthy lifestyle habits and being aware of your overall wellness. Studies show that taking proactive steps may help reduce your risk of memory loss and other forms of cognitive decline. Here are evidence-based recommendations to proactively manage lifestyle-related risk factors and certain medical conditions that may affect cognition. For more information, please contact one of our Cogniwell Coaches at wellness@cognivue.com.



Stay Mentally Fit

Exercising your mind can help your brain perform at its best

Participating in cognitively stimulating activities may help sharpen certain thinking skills that tend to diminish with age. Have fun engaging your brain by reading books, playing games, and doing puzzles.



Maintain Connections

Being socially active is brain friendly

Studies have shown that increased social activity is linked to a lower rate of cognitive decline. To stay social, connect with friends and family, or consider volunteering for a local organization.



Exercise Regularly

Exercising your body can help keep your brain in shape

Research supports a strong link between physical activity and brain health. It is recommended to get at least 150 minutes of moderate aerobic activity a week. Any activity that gets your heart pumping counts as aerobic activity, such as walking, dancing, and biking.



Eat Healthy

Eating right feeds a healthy body and mind

Food that is good for your overall health is good for your brain. Talk to your physician about whether you are consuming a balanced diet that takes into consideration appropriate numbers of calories and nutrients.



Sleep & Relax

Getting a good night's sleep rests your body and mind

Insufficient sleep can not only make a person irritable, it can affect memory and decision making. Healthy adults need between 7 and 9 hours of sleep per night.



Healthy Hearing

Hearing health is important to your cognitive health

Hearing impairment has been recognized as a modifiable contributor to cognitive decline when identified in mid-life. See your hearing healthcare professional to help maintain your hearing health.



Optimal Vision

Manage or prevent vision impairment

Research has found the relationship between cognitive decline and vision impairment may be a modifiable risk factor. To manage or prevent vision impairment, schedule regular visits with your vision healthcare provider.



Medication Management

Medication management is important to your overall health

Taking your medicine as prescribed is important for overall health. Reviewing your medications with your healthcare provider or pharmacist is an integral part of medication management.