

# WELL BALANCED

- JUNE 2025 -

June Is Alzheimer's Disease and Brain Health Awareness Month

## Healthy HABITS FOR OPTIMAL Brain HEALTH



### Your brain is your body's control center— Your brain health matters!

- The cerebrum supports remembering, problem solving, thinking, and feeling.
- The cerebellum regulates coordination and balance.
- The brain stem controls functions such as breathing, digestion, heart rate, and blood pressure.

### For both short-term and long-term benefits, focus on the following positive actions to keep your brain healthy.

- Eat a balanced diet.
- Be physically active.
- Monitor your blood pressure, glucose, and cholesterol levels.
- Prioritize sleep.
- Engage in brain-boosting activities, such as learning a new skill.
- Don't start smoking, vaping, or using tobacco products, and quit if you do.
- Protect your head from injury.

### Did you know?

- Three out of five people in the U.S. will develop a brain disease in their lifetime.
- One in five U.S. adults over age 65 experiences mild cognitive impairment.
- One in seven U.S. individuals has dementia.
- Nearly 80% of brain diseases are linked to cardiovascular conditions.
- Every 40 seconds, someone in the U.S. suffers a stroke.

Some cognitive decline is a normal part of the aging process, but with intentional steps, it's possible to slow it down. If you or someone you know is experiencing more significant changes that seem unusual, it may be time to consult a health care provider.

For information on how to improve your brain health and slow down cognitive decline, refer to the **June Well Balanced newsletter** from the **Wellness Alliance!**

*\*Reference the full newsletter for sources.*



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