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# Brain Health

**Healthy brains make an active and independent life possible. Brain health can be promoted by paying attention to lifestyle habits. The more small brain-friendly choices you make in everyday life, the better the results.**

## **Take care of your brain throughout life**

It is worth taking care of your brain at every age, but especially in middle age it is important. As you get older, it's also good to take care of your hearing and vision. Supporting mental well-being helps brain function.

Brain health should be taken into account at work. When brain strain and recovery are in balance, it also supports overall well-being. In addition, it is useful to protect the brain from accidents at work and during leisure activities.

## **Lifestyle choices can help prevent memory disorders**

According to research, up to 45 percent of memory disorder cases could be prevented—or their onset delayed to later age—by making small brain-friendly changes in daily life.

The same lifestyle choices are also important for people who already have memory disorders, as they slow the progression of the disease and increase the number of functional years.

## **Everyday choices that support brain health:**

- Healthy food
- Diverse physical activity
- Brain stimulation
- Social relationships
- Rest and sleep
- Maintaining cardiovascular health



## Tips for supporting your brain in daily life

### Healthy food

- Eat a varied diet regularly.
- Favor vegetables, berries and fruits, whole grains, fish, and plant oils.

### Diverse physical activity

- Take breaks from sitting, add movement to your day, and strengthen muscles and balance.
- Choose a form of exercise that suits you, such as household chores, dancing, or walking in nature.

### Brain stimulation

- Use your memory daily: read books, study languages, or do handicrafts.
- Engage in culture, music, or play games.

### Social relationships

- Stay in touch with other people and do things together that bring joy.
- Talk with a friend about shared memories or join group activities.

### Rest and sleep

- Make sure you get enough sleep.
- Avoid stress. Find relaxation methods that suit you.

### Maintaining cardiovascular health

- Monitor your blood pressure, cholesterol, and blood sugar levels.
- Avoid smoking and drugs, and use alcohol in moderation.



## More Information and Support

**More information about dementia** on Muistiliitto's website: [www.muistiliitto.fi](http://www.muistiliitto.fi)

**Peer support and activities:** Local memory associations and their Muistiluotsi expert and support centers

**Muistineuvo support helpline** is available in Finnish at 09 8766 550