

The Importance of Mental Engagement

Month of July



Did you know that keeping your mind active is just as important as physical exercise? Mental engagement can reduce your risk of cognitive decline and improve your overall brain function. Here are some tips for challenging and stimulating your mind: read, solve puzzles, learn a new language or skill, play brain games, and engage in social activities. Keep your brain sharp and focused by giving it regular exercise just like you would for your body.

Practice other good health habits such as cleaning and disinfecting frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Engage both your mind and body by joining our free Fit and Fall Proof™ exercise program! Visit our website to find a class near you! <https://eiph.id.gov/healthy-living/fit-and-fall-proof/class-schedule/>

#MentalEngagement #BrainHealth #KeepYourMindSharp

Learn more ways to improve your cognitive function at: <https://www.health.harvard.edu/mind-and-mood/protecting-against-cognitive-decline>