EVEN HOBBIES LIKE TAKING CARE OF A PET CAN IMPROVE COGNITIVE FUNCTION, AND IN SOME CASES, PHYSICAL FUNCTION

FOR THOSE OVER 65, POOR SLEEP MAKES IT HARDER TO PROBLEM-SOLVE AND CONCENTRATE

SCHEDULING TIME FOR OTHERS EACH DAY CAN HELP YOU MAINTAIN SOCIAL CONNECTIONS

EATING GREEN LEAFY VEGETABLES CAN HELP SLOW COGNITIVE DECLINE

IN ADDITION TO ALCOHOL, BE AWARE OF OTHER SUBSTANCES THAT CAN BE MISUSED OR ABUSED

TAKING 8,000+ STEPS PER DAY CAN LEAD TO A 51% LOWER RISK OF DEATH FROM ALL NATURAL CAUSES

SWITCHING TO A MEDITERRANEAN-STYLE DIET CAN LOWER YOUR RISK OF HEART DISEASE BY UP TO 30%

SMALL CHANGES CAN GO A LONG WAY TO SUPPORT YOUR HEALTHY AGING

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