Healthy brains need exercise, sleep and plenty of learning

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Small, consistent changes can significantly improve brain health over time. For example, making good sleep a priority, eating a little healthier, exercising a bit more, staying socially engaged, and learning new things can all help maintain a healthy brain.

These small, incremental improvements build up over time, contributing to long term brain health.

The great thing about these changes is that they're sustainable, you don't need to give up what you love to make meaningful progress. A balanced approach, incorporating simple changes, can help maintain a healthy brain without drastic sacrifices.

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