

Wanna stay young?

Who doesn't?

Crooners of yesteryear spent a lot of time singing about staying young at heart. But, you've got to have a healthy brain to keep your heart and all your other parts going strong throughout your active life.

I love tips! Here are some simple ones to incorporate into your day that will contribute to a healthier brain.

Act naturally - When you spend time outdoors in nature, you give your brain a rest from the constant flow of data and stimulus it gets throughout the day. This lets it reboot its ability to focus, so you may feel more relaxed and better able to solve problems.

Get moving - Exercise is as good for your brain as it is for your body. It keeps your reasoning and thinking skills sharp because it ramps up the blood flow to your brain, along with certain chemicals that help protect it. Even a short walk outdoors can make a big difference.

Amp up the shut-eye – Without enough solid sleep, you will find it much harder to focus, and you may notice gaps in your short-term memory. To stay fresh, aim for 7 to 9 hours of sleep each night.

Aim for brain food - Certain foods are just better for your brain. These include fruits, veggies, legumes, cold water fish, and “good” fats like the ones in olive oil. Watch the processed foods which can wreak havoc on your health.

Try something new - Humans are creatures of habit. But it's good for your brain to mix things up. A change in routine boosts your brain's ability to learn new info and retain it. Try out a new recipe, read a new book, or explore a different part of your city. Try doing things with your not-so-used hand to create new nerve pathways.

Fire up some tunes - Your brain gets a mental workout when you stream your favorite playlist. Listening to music helps you feel more alert, and it can also boost your memory and mood.

Laugh lots -. A fun way to protect your brain is to have a good laugh. It can lower cortisol levels caused by stress and help keep your brain healthy. Watch a hilarious film, join friends at a comedy club, or play board games with some fun-loving neighbors.