



Here is your free guide!

6 top lifestyle changes that will help your memory:

1. Stop smoking.
2. Lower your blood pressure to around 120/80.
3. Exercise at least 30 minutes a day, 5 days a week. Walking counts, as does hiking, swimming, gardening, yoga, and other low-impact exercises.
4. Modify your diet with less red meat and more chicken and fish, four servings of fruit and five of vegetables each day, low-fat or non-fat dairy products, less white bread and pastries and more whole grain carbohydrates, adding nuts and legumes to your diet. Consider going vegetarian one or two days a week.
5. Exercise your mind. Play games or puzzles, take courses about something you don't know, travel, explore places you've never been to, read books instead of watching a lot of TV.
6. If you feel isolated or lonely, do something that requires you to socialize with people.

Call today to schedule your screening appointment.

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