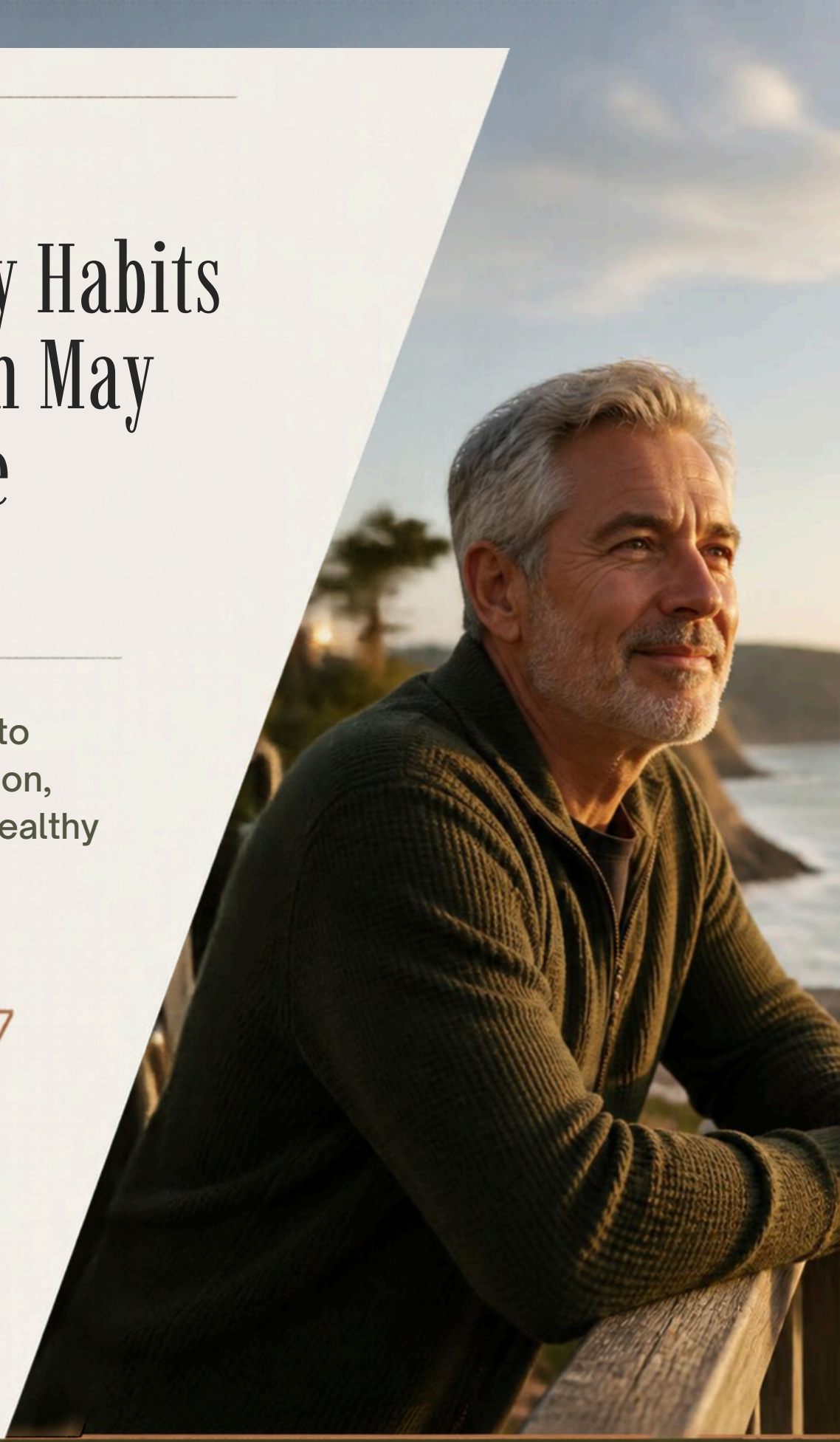
7 Everyday Habits Your Brain May Appreciate After 50

A practical guide to supporting attention, energy, sleep & healthy aging



No hacks. No perfection. Just habits worth keeping.

The seven habits worth keeping.



01 Move

02 Protect sleep

03 Eat for the systems your brain depends on

04 Stay connected

05 Learn something new

06 Reduce friction

07 Keep your health review current

Start with the one that feels almost too easy.

REFERENCES

National Institute on Aging: Cognitive Health and Older Adults

National Institute on Aging: What Do We Know About Healthy Aging?

CDC physical activity / healthy aging guidance

MedlinePlus / NIA sleep and nutrition resources

EDUCATIONAL DISCLAIMER

This guide is for general education only and is not medical advice. Please discuss your personal concerns, symptoms, medications, and treatment decisions with a qualified clinician.

Small habits. More support. Better aging.

07 / Keep your health review current.

Hearing, vision, mood, blood pressure, diabetes, sleep, medications, and other health issues can affect how sharp you feel.

Regular check-ins help you catch small changes early and protect the routines that support your brain.

Never stop prescriptions without medical advice.



WEEKLY RESET

7-DAY RESET

Day 1	Move
Day 2	Protect sleep
Day 3	Add one colorful plant food
Day 4	Contact someone
Day 5	Learn something new
Day 6	Set up one memory-friendly system
Day 7	Keep the easiest habit

This is not a challenge. It's a filter for what fits your life.

Your brain notices the ordinary things.

What you do on most days shapes how you think, feel, and remember.

Sleep, movement, food patterns, social contact, learning, and health management all influence the systems your brain relies on.

Small, steady choices compound. Over time, they help you feel sharper, steadier, and more like yourself—today and tomorrow.

> "The habits that support your brain are often the same habits that support the rest of you."



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01/ Move in ways you'll actually repeat.

Regular physical activity supports cardiovascular health, better sleep, a Steadier mood, and everyday mobility. It can also help you maintain strength and independence over time. Small, consistent steps are often more sustainable than intense efforts. Start where you are.

Make it easier

- Walk after one meal
- Garden
- Dance
- Break up long sitting
- Add light strength work if appropriate

The best movement habit is the one that can return tomorrow.

CAPTION: A DAILY WALK OUTDOORS CAN SUPPORT HEART HEALTH, MOOD, AND CLEARER THINKING.

02 /

Protect sleep like tomorrow depends on it.

Consistent, quality sleep supports attention, memory, mood, and the energy you need for your day.

Late nights and restless sleep can leave you foggy, forgetful, and less resilient when life gets busy.





03 /

Eat for the systems your brain depends on.

A pattern rich in vegetables, fruits, whole grains, beans, nuts/seeds, fish/lean protein, and unsaturated fats supports overall cardiovascular and metabolic health.

Consistency beats exotic ingredients.

04

Stay connected on purpose.

Meaningful social contact supports **emotional well-being** and keeps your **mind engaged**.

Strong connections can reduce stress, lift your mood, and bring new ideas, perspectives, and purpose into your days. It isn't about having a huge circle—it's about showing up for the people who matter, and letting them do the same for you.



The best conversations often become the best memories.

"Connection is not a productivity task."

call • walk • volunteer • share a meal

05 /

Give your brain something new to notice.

Novelty wakes up attention. Try learning something new, exploring a different route, reading outside your usual lane, or picking up a skill that challenges you just enough. Mentally engaging activities help build connections and keep your mind adaptable.



06 /

Stop making memory do work a system can do.

Your brain is for thinking, not storing. External systems are smart tools, not cheating. Offload the details so you can focus on what matters.

01 One home for essentials
02 One capture place for notes
03 One calendar you trust
04 One reminder, set once
05 One task at a time

