



## Happy Valentine's Day from the Brain Health Registry!

This Valentine's Day we encourage you to show your brain some lovin' by indulging in these brain-boosting activities and healthy habits. Share the love and encourage your valentine to do the same.



### Exercise to Improve Body & Brain

We all know that exercise is good for the body, but did you know that exercise provides a range of cognitive benefits, as well? Studies suggest that physical activity may protect the brain from the effects of aging. One study found that light resistance weight training [protected white matter brain tissue integrity](#), in a group of older women. To learn more about the cognitive benefits of staying active, click [here](#).



### Snack on a (Healthy) Treat

By now you've probably heard about the myriad benefits of the [MIND Diet](#), with its emphasis on consuming staples of the heart-healthy DASH and Mediterranean Diets. These diets prescribe eating an abundance of leafy greens, whole grains, fish, and nuts, while limiting red meat and foods with refined sugar. Happily, adhering to the MIND diet doesn't mean depriving yourself! Indulge in a variety of berries as well as dark chocolate or [unsweetened cocoa](#) for tasty treats with [cognitive-improving properties](#).



### **Share a Laugh with Loved Ones**

Scientists are working to better understand the interplay between social bonds and health, but research suggests that the [social connections we form in a lifetime may hold the key to better overall health](#) as we age. More friends and higher quality relationships throughout the lifespan are linked to improvements in blood pressure, inflammation, and abdominal obesity. So spend time with the ones you cherish, and maybe encourage them to participate in the Brain Health Registry.



### **Return to the Brain Health Registry to help us find cures**

When you return to the Brain Health Registry for follow-up visits and complete all study tasks, you provide our research scientists with valuable information that helps us better understand the developing mind. Whether for yourself or a loved one, we thank you for your participation in the Brain Health Registry.

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### **Global Alzheimer's Platform Foundation Partners with Brain Health Registry**

We are pleased to announce our partnership with the [Global Alzheimer's Platform Foundation](#). Together we aim to accelerate discovering treatments for Alzheimer's disease by 2025. Continue reading [here](#) for more information about this exciting new venture.



**We urge you to continue to make a real impact on brain health research. We are grateful for all your support of the Brain Health Registry!**

**The Brain Health Registry**  
[www.brainhealthregistry.org](http://www.brainhealthregistry.org)

P.S. – Stay connected to the Brain Health Registry. Like us on Facebook and follow us on Twitter.

