



**Dan Go**

@FitFounder

7 ways to keep your brain young:



**Dan Go**

@FitFounder

## 1. Learn a new language

Learning a new language boosts grey matter in your brain, which helps control movement, memory & emotions.

It also boosts white matter, which assists brain connectivity & communication between different brain regions.

Time to dust off your Duo Lingo.



**Dan Go**

@FitFounder

## 2. Cardiovascular exercise

Moderate to intense cardio exercise can improve your learning & memory.

It also promotes blood flow & cell growth in the brain, which can help decision making as well as prevent depression.

Aim for 2-3x a week of moderate to intense cardio.



**Dan Go**

@FitFounder

### 3. Solving a puzzle

Puzzles can improve cognition & visual-spatial reasoning.

They improve mental speed, reinforce connections between brain cells & can improve short term memory.

There's a reason you see old people doing crosswords.



**Dan Go**

@FitFounder

#### 4. Eat nutrient dense foods

The foods you eat affect your mood, energy & ability to think.

Nutrients such as such as vitamin B12, folate & zinc improve mood, energy, prevent cognitive decline as well as mental health issues.

If you want a better brain start with your diet.



**Dan Go**

@FitFounder

## 5. Have a purpose

Humans are meaning making machines. We need reasons to live in order to keep ourselves healthy.

Studies show that having a purpose prevents mental decline as well as cognitive disease.

Remember that it's not about finding a purpose. It's about creating one.



**Dan Go**

@FitFounder

## 6. Have a good group of friends

Being part of a community is a net positive for mental health & your emotions.

Having a sense of belonging & social connectedness adds extra meaning and purpose to our every day lives.

We are tribal in nature. Find a tribe that fits your values.



**Dan Go**

@FitFounder

## 7. Create art

Creating art can help you see the world in new ways.

You can use it as a way to express emotions, share your experiences & get a deeper insight into your struggles.

Art can be anything. It can be a painting, writing, making music or even creating a business.





**Dan Go**

@FitFounder

## 8. Get your sleep fixed

Quality sleep helps you form new pathways in the brain, which helps you with learning & memory.

It also affects how your neurons communicate & protects your brain from neurological disease.

There's a reason you feel awesome after a good nights sleep.



**Dan Go**

@FitFounder

Your brain is the most important organ in your body. You either use it or you lose it.

As you age use these tips to keep it young.



**Dan Go**

@FitFounder

If you like content like this, follow me here on LinkedIn and hit the notification bell on my profile for daily updates.