



# SIMPLE DAILY HABITS FOR *Brain Health*

## Connect

- ☐ Have a meaningful conversation.
- ☐ Call or visit a friend or family member.
- ☐ Participate in a group activity.

## Rest Well

- ☐ Get 7–9 hours of quality sleep.
- ☐ Maintain a consistent bedtime routine.

## Challenge Your Brain

- ☐ Read for 20 minutes.
- ☐ Complete a crossword, Sudoku, or puzzle.
- ☐ Learn something new.

## Celebrate Your Wisdom

Take a few minutes today to:

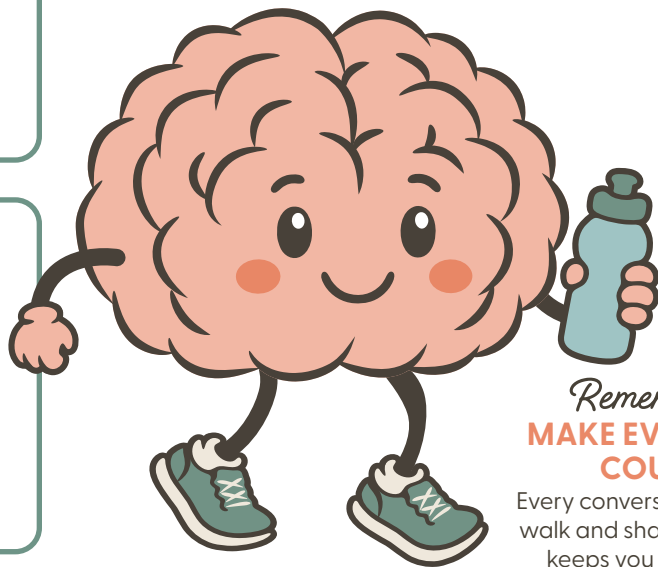
- ☐ Share a favorite memory.
- ☐ Teach someone a life lesson.
- ☐ Look through old photographs.
- ☐ Write down a family story.
- ☐ Tell someone you're thankful for them.

## Move Your Body

- ☐ Take a walk or stretch.
- ☐ Spend time outdoors.

## Fuel Your Brain

- ☐ Eat colorful fruits and vegetables.
- ☐ Include healthy fats like salmon, walnuts, or avocados.
- ☐ Drink plenty of water throughout the day.



*Remember!*  
**MAKE EVERY DAY  
COUNT**

Every conversation, laugh,  
walk and shared moment  
keeps you engaged.

**Mustang Creek Estates is helping seniors support brain health through active, connected and engaged living. Call/text a neighborhood near you to learn more.**

**ALLEN**  
469-307-9468

**BURLESON**  
817-205-3772

**FLOWER MOUND**  
469-975-7537

**FRISCO**  
469-863-2697

**KELLER**  
817-372-1773

**SACHSE**  
469-910-2330

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