

Understanding Yourself

Steps To Brain Fitness

(NAPSA)—While most people don't think twice about their brain fitness, it's as important to maintain your brain health as the rest of your body. As a first step, regular screening of your brain is important in the same way as a regular cholesterol check.

New research has shown that while some aspects of general cognition decrease with age, such as memory, other processes actually improve with age, including emotion processing.



A new online screening lets people check the health of their brains.

Fortunately, you can take steps to maintain and possibly improve your brain health. These include eating a healthy, well-balanced diet; exercising regularly; practicing stress management; getting enough sleep; and keeping active—mentally and socially.

In addition, the Brain Resource Company and the Alliance for Aging Research provide an easy way to monitor your brain health online at www.agingresearch.org. The 40-minute *WebNeuro* program screens memory, thinking ability, attention, language skills and emotion function. And by monitoring your own brain health and taking the *WebNeuro* online screening, you are helping to advance brain health research.