

DANCERS

What is DANCERS?

DANCERS is a memorable acronym that can be used to remember a list of tips for maintaining a brain-healthy lifestyle (Lanzi, Ellison, & Cohen, 2021).



DISEASE MANAGEMENT

It is important to manage your medical diseases, such as hypertension, diabetes, and hearing loss and to manage your medications (refer to your primary care coordinator).

ACTIVE

It is important to stay active. Even light activity, such as walking, is beneficial.

NUTRITION

Pay attention to your caloric intake, limit unhealthy fats, and explore diets that are associated with reducing risk for cognitive decline (refer to a nutritionist).

COGNITIVE STIMULATION

Keep your brain stimulated by engaging in enjoyable and challenging activities, such as, reading, painting, and learning a new skill or hobby.

ENGAGEMENT IN SOCIAL ACTIVITIES

Find meaningful and plentiful opportunities to participate in social activities with others. Connect with local libraries, churches, and senior centers.

RELAX

Reduce your stress by relaxing through meditation, yoga, music, or muscle relaxation training. It is important that you take some time to relax daily.

SLEEP

Successful sleep is key to allow our brain time to rest and clear any toxins.

****Talk with your primary care coordinator about this list before making any lifestyle changes****