



10 Tips For  
A Graceful Life  
& An Ageless  
Brain & Body

## 1. Sleep

7-8 hours a night – Set a ritual for yourself at least 30 minutes before you go to bed, so your brain knows it is time to wind down. NO TV one hour before going to bed! Only quiet rituals, like drinking hot herbal tea, massaging your feet with lotion, etc.

## 2. Eat Healthy

Protein the size of the palm of your hand, vegetables the size of two fists, carbohydrates the size of one fist. Stay away from too many sugars. Good fats! Our bodies actually need good fats!

## 3. Interact Socially

Join a Club, share an interest with a group, and perhaps most importantly, volunteer! Allow your brain and body to contribute and share your talents and skills. Never stop giving what you know.

## 4. Practice A Spiritual Ritual Daily

This provides a foundation and meaning to your life. It can be a reading that you repeat each day, prayer time, a mantra, a ritual such as a yoga sun salutation, a morning or evening walk in nature to appreciate your surroundings, affection and time spent with a pet, etc. Set the tone for your day.

## 5. Listen To, Sing, Or Play A Musical Instrument

There's nothing like music for uplifting your spirit and activating your brain, ideally every day. Humming and whistling work too (and so does PRETENDING to play an instrument or conducting an orchestra!)

## 6. Do Morning Stretches

Seated stretches really work the core and spine, organs and systems of the body. You can also SHAKE vigorously to activate your myofascia (connective tissue) and lubricate your joints.

## 7. Spell

Spell various words in the air with your arms, nose, tailbone, belly button, back, big toe, etc., on both sides of the body, backwards, forwards, in cursive, in block letters, in another language – This activates all five functions of your brain!

## 8. Breathe

Breathe in and out your nose and mouth alternatively, make sounds, say your vowels, count aloud, (in various numerical patterns), make onomatopoeia sounds (whoosh, bang, snap, crackle, pop!), cheer, celebrate. Making noise is an exhale and helps with oxygenation of your bloodstream and brain!

## 9. Dance

Dance everywhere! In your living room, in your yard, seated in your chair, with abandon and joy!

## 10. Practice A Simple New Physical Activity

One way to try new physical activities is to practice Ageless Grace 10 minutes a day. There are 21 exercises in this brain health fitness program! An example: attempt to draw a triangle in the air with your right hand, a circle in the air with your left foot and a horizontal line with your left hand – continue practicing this for a couple minutes – then attempt to reverse it and mirror it on the other side for a couple more minutes!)