



Eat Smart, Age Strong

Invest in your body, brain, and future — one meal at a time.

The Power of Nutrition

Your brain and body are fueled by what you eat. Choosing nutrient-dense foods helps reduce inflammation, balance energy, and protect against disease — ensuring your healthspan keeps pace with your lifespan.

Foods That Protect the Brain and Body

- 🍓 Berries - rich in antioxidants that fight oxidative stress
- 🥬 Leafy greens – support memory and brain function
- 🐟 Omega-3 fats – in salmon, walnuts, chia seeds for brain and heart health
- 🥕 Colorful vegetables – provide phytonutrients that protect cells
- 🥜 Nuts & seeds – healthy fats and minerals that lower inflammation
- 💧 Hydration – even mild dehydration can impact focus and energy

The Longevity Checklist

- Eat the rainbow — color means nutrients. 🥕🥦🍅🥬🍆🌶️
- Move daily — even brief walks boost circulation and cognition.
- Prioritize strength and balance — maintain independence as you age.
- Sleep 7–9 hours — your body’s nightly repair cycle.
- Manage stress — chronic stress accelerates aging.
- Stay connected — strong relationships support brain health.

3 Daily Non-Negotiables

1. Drink water first thing in the morning.
2. Take a 10-minute walk after meals.
3. Write down one thing you’re grateful for each day.

Quick Brain & Body-Boosting Snacks

- Greek yogurt with berries
- Apple slices with almond butter

- Veggies with hummus
- Handful of nuts and a piece of dark chocolate

The Bottom Line

Your body is the only home you'll ever truly own — maintain it like your most valuable asset. What you eat today shapes how you think, move, and feel tomorrow.

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Snapdragon Wellness

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