

# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.



**BREAK A SWEAT** Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



**HIT THE BOOKS** Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



**BUTT OUT** Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



**FOLLOW YOUR HEART** Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



**HEADS UP!** Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



**FUEL UP RIGHT** Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



**CATCH SOME ZZZ'S** Not getting enough sleep may result in problems with memory and thinking.



**TAKE CARE OF YOUR MENTAL HEALTH** Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



**BUDDY UP** Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



**STUMP YOURSELF** Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit [alz.org/10ways](https://alz.org/10ways) to learn more.

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