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 control cont



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.



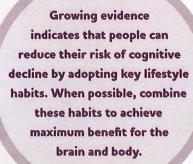
FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health.



STUMP YOURSELF

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



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.



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.

TAKE CARE OF YOUR

MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

RE CATCH JR SOME TH ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



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





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Visit alz.org/10ways to learn more.

alzheimer's Ω association

THE BRAINS BEHIND SAVING YOURS?