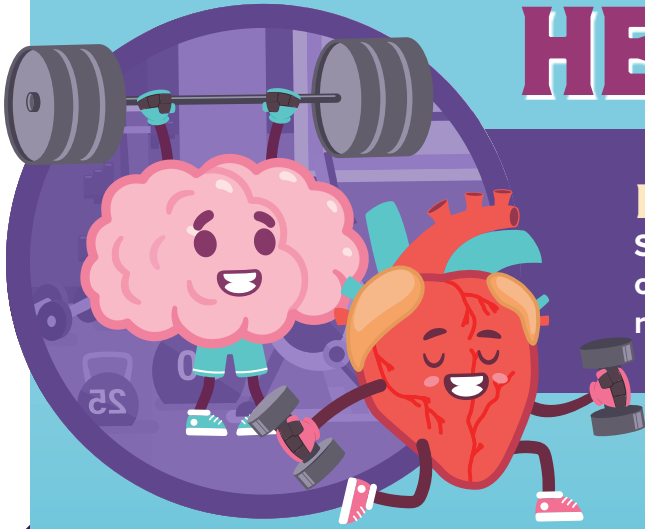


HEALTHY BODY, HEALTHY BRAIN!



FUEL UP RIGHT AND BREAK A SWEAT!

Studies have shown that physical activity reduces risk of cognitive decline. Participate in physical activity that raises your heart rate and increases your blood flow.

BUTT OUT. QUIT SMOKING!

Smoking may increase your risk of cognitive decline. When you quit smoking, it can reduce your risk to levels similar to those who do not smoke.



FOLLOW YOUR HEART!

Risk factors for heart disease and stroke, such as obesity, high blood pressure and diabetes, can negatively impact your cognitive health.

PROTECT YOUR NOGGIN!

It is important to wear a helmet when playing contact sports or riding a bike or motorcycle. Always use seatbelts for adults and car seats or boosters to provide protection for infants and children in a crash.

