

YOU CAN MAKE DECISIONS TO HELP KEEP YOUR BODY, HEART AND BRAIN AS HEALTHY AS POSSIBLE.

We all want to stay healthy and independent as we get older. Some risks to brain health cannot be controlled, like your age and your family's genes. However, some health choices are under your control. Follow these tips to help keep your brain in good shape!



PROTECT YOUR NOGGIN!

Brain Injury can increase your risk of cognitive decline.

- Use seat belts or child restraint systems designed for the age of your child.
- Wear a helmet when playing contact sports or riding a bike or motorcycle.
- Recognize the signs and symptoms of brain injury and how to respond.

OTHER WAYS TO PROTECT YOUR BRAIN

- Get plenty of sleep. Not getting enough sleep may result in problems with memory and thinking.
- Take care of your mental health, seek treatment if you have depression, anxiety or stress. Some studies link depression with cognitive health.
- Stay socially active and keep learning new things!



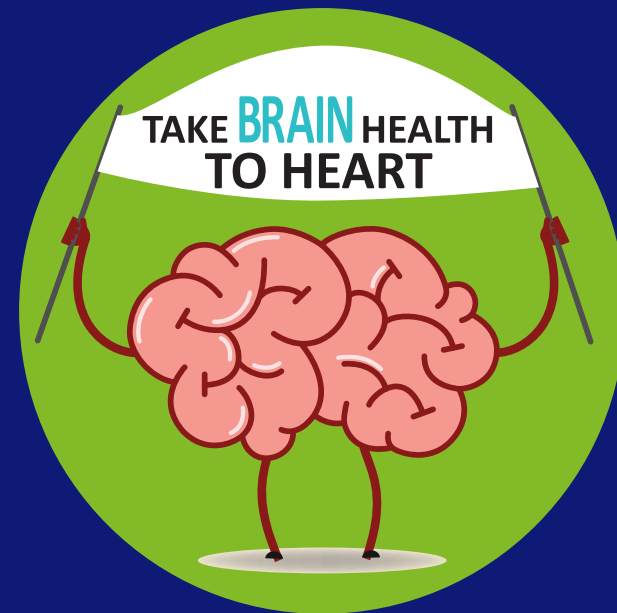
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BRAIN HEALTH



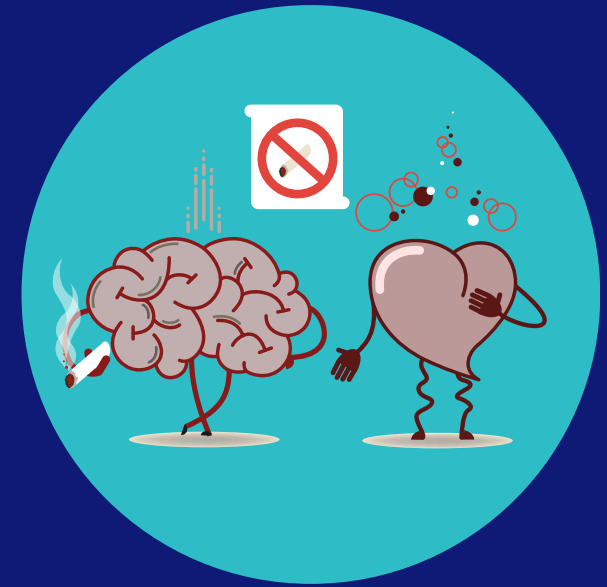
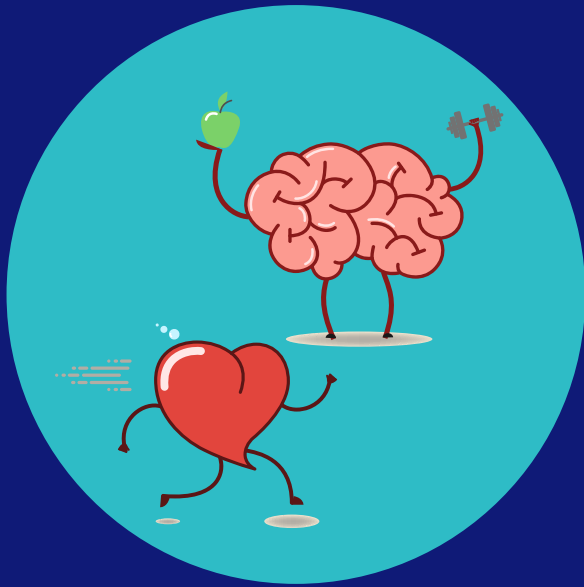
LEARN THE FACTS



alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.®

WHAT'S GOOD FOR YOUR HEART IS GOOD FOR YOUR BRAIN!



FUEL UP RIGHT & BREAK A SWEAT!

Exercise and a healthy diet are good for your body AND your brain!

- Get regular physical activity that raises your heart rate and increases blood flow to the brain and body.
- Eat a balanced diet with less fat and more fruits and vegetables to help control weight.
- Exercise your brain AND your body! Pick an activity that makes you think or talk with other people, such as a dance class or walking with friends.

FOLLOW YOUR HEART!

Risk factors for heart disease and stroke negatively impact your brain health.

- Keep your blood pressure under control for a healthier body and brain. Heart disease and high blood pressure can damage your brain's health.
- Diabetes may increase your risk for dementia. Visit your doctor regularly to actively manage your diabetes.
- Maintain a healthy weight. Obesity in middle age may increase your risk of dementia.

BUTT OUT! QUIT SMOKING!

If you smoke, quit smoking for a healthier brain and body.

- Smoking may increase your risk of cognitive decline.
- It's never too late to quit smoking. Quitting at any age seems to benefit the health of your brain and body.

**Call 1-800-QUIT-NOW
(1-800-784-8669)**