

You Can Take Action Help Protect Your Brain

Studies continue to indicate that key lifestyle habits can reduce the risk of cognitive decline. It is always a good time to incorporate these healthy habits in your daily routine. Your brain and body may benefit from them!

Break a Sweat

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Hit the books

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia.

Butt Out

Evidence shows that smoking increases risk of cognitive decline.

Follow your heart

Evidence shows that risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health.

Fuel up right

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

Catch some Z Z Zs

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression or anxiety.

Buddy up

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you.

Stump yourself

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically.

Heads up!

Brain injury can raise your risk of cognitive decline. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.