BETTER **HEART** BETTER BRAIN

A heart-healthy lifestyle reduces the risk of cognitive decline

Take steps to improve your brain health



Stay active & exercise

Strive for at least 150 minutes of weekly, moderate aerobic activity.



Don't smoke

If you smoke, quit. If you don't smoke, don't start.



Check your blood pressure & cholesterol

Work with your doctor to manage blood pressure and cholesterol levels.



Manage blood sugar levels

Diabetes increases the risk of stroke. cognitive decline, and dementia.



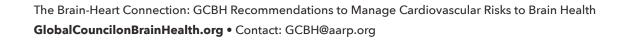
Sleep well

Aim for 7 to 8 hours of sleep in a 24-hour period.



Eat healthy

Limit salt intake. Avoid excessive alcohol consumption.



For more brain health tips see **StayingSharp.org** • DOI: https://doi.org/10.26419/pia.00099.002

