Brain Health

Age-proof your brain against Alzheimer's disease and dementia

Body

- ✓ Exercise
- ✓ Quit Smoking
- ✓ Maintain a healthy weight
- ✓ Protect your head
- ✓ Get a good night's sleep

Best foods for brain health

- ✓ Vegetables and berries
- ✓ Dark chocolate
- ✓ Nuts and seeds
- ✓ Eat fish
- ✓ Limit fats
- ✓ Replace salt
- ✓ Teas and coffee

Social Connections

- ✓ Find a purpose
- ✓ Meet often with others
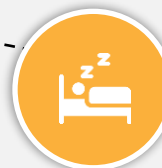
Challenge your brain

- ✓ Learn new things

Road map to a Healthy Brain

- Balanced diet
- Manage stress
- Adequate sleep
- Stay socially connected
- Exercise the body
- Mental work out