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.

The Brain-Heart Connection: GCBH Recommendations to Manage Cardiovascular Risks to Brain Health
GlobalCouncilonBrainHealth.org • Contact: GCBH@aarp.org
For more brain health tips see StayingSharp.org • DOI: https://doi.org/10.26419/pia.00099.002