

BETTER HEART

BETTER BRAIN

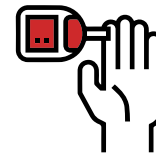
***A heart-healthy lifestyle
reduces the risk of
cognitive decline***

Take steps to improve your brain health



Stay active & exercise

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



Manage blood sugar levels

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



Don't smoke

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



Sleep well

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



Check your blood pressure & cholesterol

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



Eat healthy

Limit salt intake. Avoid excessive alcohol consumption.