



Break a Sweat

Make getting 150 minutes of exercise per week a priority.



Hit the Books

Take a class and learn something new.



Follow Your Heart

High blood pressure and obesity increase your risk for heart disease and cognitive decline.



Buddy Up

Get together with friends, volunteer, and contribute to your community.



Steps to Better Brain Health

The Alzheimer's Association recommends following these 10 steps to better brain health. Adopting a healthy lifestyle can improve your overall health and well-being, but may also reduce your risk for Alzheimer's disease and other dementias.

Start now – it is never too late to adopt a healthy lifestyle!



Fuel Up Right

Eat a balanced diet that emphasizes fruits, vegetables, and whole grains.



Heads Up!

Wear a helmet, use your seatbelt, and prevent head injuries.



Stump Yourself

Challenge your brain by trying new things and playing games, cards, or puzzles.



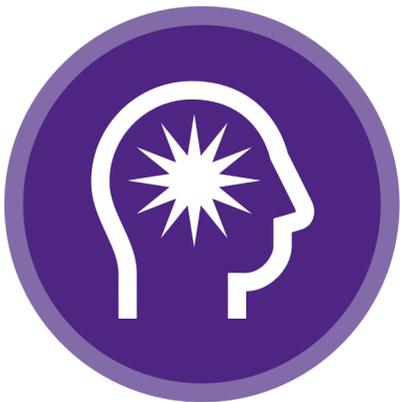
Catch some Zzz's

Strive to get at least 7 hours of sleep each night.



Butt Out

Quit smoking today.



Take Care of Your Mental Health

If you have symptoms of depression, or are unsure, seek advice from a doctor.