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.



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.



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.

The Brain-Heart Connection: GCBH Recommendations to Manage Cardiovascular Risks to Brain Health GlobalCouncilonBrainHealth.org • Contact: GCBH@aarp.org

Global Council on