

# BETTER HEART

# BETTER BRAIN

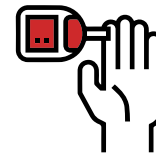
***A heart-healthy lifestyle  
reduces the risk of  
cognitive decline***

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.