

Maintain the Brain

10 ways to maintain your brain!

1. **Head first**

Good health starts with your brain. It's one of the most vital body organs, and it needs care and maintenance.

2. **Take brain health to heart**

What's good for the heart is good for the brain. Do something every day to prevent heart disease, high blood pressure, diabetes and stroke – all of which can increase your risk of Alzheimer's.

3. **Your numbers count**

Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

4. **Feed your brain**

Eat less fat and more antioxidant-rich foods.

5. **Work your body**

Physical exercise keeps the blood flowing and may encourage new brain cells. Do what you can – like walking 30 minutes a day – keep both body and mind active.

6. **Jog your mind**

Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, learn new things, do crossword puzzles.

7. **Connect with others**

Leisure activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.

8. **Heads up! Protect your brain**

Take precautions against head injuries. Use car seat belts; unclutter your home to avoid falls; and wear a helmet when cycling or in-line skating.

9. **Use your head**

Avoid unhealthy habits. Don't smoke, drink excessive alcohol or use street drugs.

10. **Think ahead – start today!**

You can do something today to protect your tomorrow.