

# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.



## HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



## BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



## FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



## BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



## STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

**Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.**



## HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

## BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



## TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



## CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



## FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:



# THE MIND DIET

## LOWER YOUR RISK OF ALZHEIMERS DISEASE

The new MIND Diet developed by Rush University Medical Center researchers is associated with a reduced risk of Alzheimer's Disease based on one Chicago based study.

Followed Strictly



**LOWERED**  
**53%**

Followed Moderately



**LOWERED**  
**35%**

## 10 BRAIN HEALTHY FOOD GROUPS



Green Leafy Vegetables



Other Vegetables



Berries



Fish



Wine



Olive Oil



Nuts



Whole Grains



Poultry



Beans

### DAILY

- 1** SALAD
- 1** OTHER VEGETABLE
- 3** SERVINGS OF WHOLE GRAINS
- 1** GLASS OF WINE

### MOST DAYS

SNACK ON NUTS

### EVERY OTHER DAY

BEANS

### TWICE PER WEEK

POULTRY  
BERRIES

### ONCE PER WEEK

FISH

### 5 UNHEALTHY FOOD GROUPS TO AVOID

- RED MEATS
- BUTTER & STICK MARGARINE
- SWEETS
- CHEESE
- PASTRIES
- FRIED & FAST FOOD

Alzheimer's Disease is the 6th leading cause of death in the United States. Over 5.1 million American's have Alzheimer's Disease in 2015 but it is expected to rise to 7.1 million by 2025. This study only shows an association between a healthy diet and a lowered risk of Alzheimer's.



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