

# 10 actions for a healthy brain at any age!



## 1. Be physically active every day.

Reduce sedentary time and move more. This can include all types of physical activities, such as walking, running, weightlifting, gardening, yoga, swimming, dancing, biking and team sports. Make sure to include at least 30 minutes of physical activity daily.



## 2. Take control of your health and protect your heart.

Your overall health and your heart health are directly linked to your brain health and your ability to avoid dementia as you age. Keep a close eye on your blood pressure, cholesterol and diabetes.



## 3. Give your brain a workout.

Practice mental leisure activities that you enjoy. You're never too old to learn new things!



## 4. Stay socially active and find meaning in life.

Stay in touch with loved ones. Foster your friendships and family relationships. Find something to do every day, whether it's housecleaning or heading to the grocery store, going for a walk or visiting a museum.



## 5. Get treated for depression.

Remember that depression is more than just feeling down. Seek help to treat it and to improve the functioning of your brain.



## 6. Maintain your hearing.

Use hearing aids if you need them. Protect your hearing from loud noises.



## 7. Get a good night's sleep every night.

Try to sleep 6 to 8 hours a night to maintain brain health.



## 8. Avoid excessive alcohol intake.

Limit your consumption of wine, beer and other alcoholic beverages.



## 9. Avoid all types of head injury.

Steer clear of activities that could harm your brain and protect it by wearing a helmet, such as when you're biking.



## 10. Adopt healthy habits.

Make healthy food choices, learn to manage and reduce stress, quit smoking and get regular medical check-ups. All these actions will have a positive effect on your brain health.

SOURCE: New report from the Alzheimer Society of Canada titled *Navigating the Path Forward for Dementia in Canada: The Landmark Study Report #1*, published in September 2022.