Choices you make today can help prevent stroke and heart disease and keep you mentally sharp as you age.

Avoid brain problems like stroke, memory loss and dementia by controlling your risk factors.

- Manage blood pressure, control cholesterol and sleep well
- Stop smoking & limit alcohol intake
- Eat better
- Reduce blood sugar
- Get physically and socially active
- Lose weight

Research shows a brain-healthy diet is:

- 30 minutes of physical activity
- 5-7 days a week
- & a well-balanced diet can improve memory and your ability to process information

High: in fruits, vegetables, poultry, fish, nuts, whole grains and low-fat dairy foods

Low: amounts of red meats, sweets, sugared beverages, saturated fat, total fat and cholesterol

80% of strokes and heart disease may be preventable.

Really, it’s a no-brainer!

For more information visit StrokeAssociation.org/BrainHealth