HEALTHY HEART, HEALTHY BRAIN, AND HEALTHY AGING

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 difficulties with thinking and learning by taking the following actions:

- **Manage Blood Pressure, Blood Glucose & Control Cholesterol**
- **Sleep Well**
- **Stop Smoking & Limit Alcohol Intake**
- **Eat Better**
- **Monitor Cognitive Changes**
- **Get Physically and Socially Active**
- **Lose Weight**

Research shows a brain-healthy diet is:

- **150 Minutes of Physical Activity Per 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 foods

**Low** amounts of red meats, sweets, sugar-sweetened beverages, saturated fat and cholesterol

80% of strokes and heart disease may be preventable. All systems of our bodies work best when they have optimal blood flow, and our brain’s ability to think, regulate, control our bodies and enjoy life is no exception.

For more information visit heart.org/BrainHealth