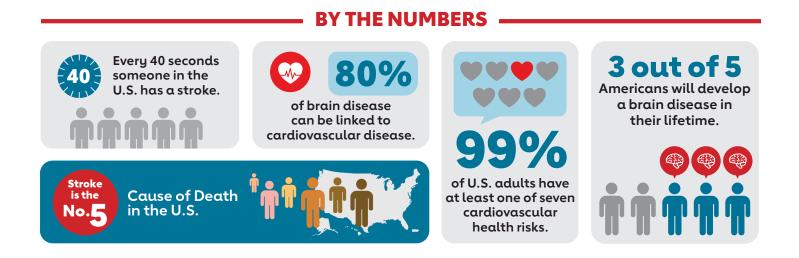


# **BRAIN HEALTH** & HEALTHY AGING

As you age, a healthy body is key to a healthy brain and sharp mind. Stay healthy and active to help reduce your risk of stroke, heart disease, memory loss and difficulty with thinking and learning.



### **YOUR LIFESTYLE CHOICES AFFECT YOUR BRAIN HEALTH** It's never too late to start making healthier choices:



#### Get enough sleep

Adults need 7–9 hours per night. Teenagers and children need more.



#### Move more, sit less

Aim for 150 minutes of moderate aerobic exercise per week or 75 minutes of vigorous exercise (or a combination) per week.



#### Don't smoke or vape

If you currently smoke or vape, quit.

## 0

Talk with your health care provider



**HOW CAN I LEARN MORE?** 

Call 1-888-4-STROKE (1-888-478-7653) or visit heart.org/BrainHealth

Eat healthy

or manage your risk factors.

**Get regular checkups** 

Increase the amount of fruits and vegetables you eat. Reduce your intake of sodium, added sugar and saturated and trans fats.

Schedule regular visits with your health

care provider. Talk about how to control