

EVERYONE HAS REGRETS.

DON'T LET YOUR BRAIN HEALTH BE ONE.™

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



Together
to End Stroke™

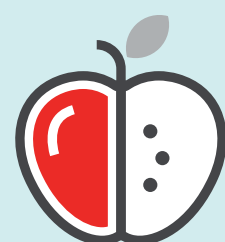
AVOID **BRAIN PROBLEMS** LIKE STROKE, MEMORY LOSS AND DEMENTIA BY CONTROLLING YOUR **RISK FACTORS**.



MANAGE BLOOD PRESSURE,
CONTROL CHOLESTEROL
AND SLEEP WELL



STOP SMOKING &
LIMIT ALCOHOL
INTAKE



EAT BETTER



REDUCE BLOOD
SUGAR



GET PHYSICALLY
AND SOCIALLY
ACTIVE

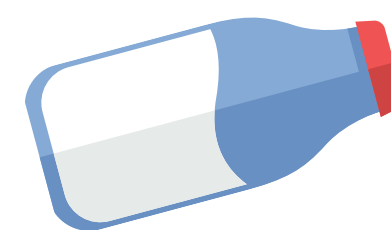
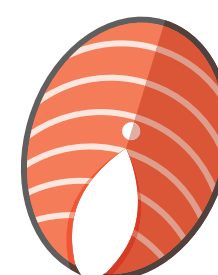
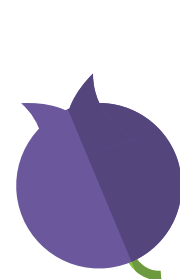


LOSE WEIGHT

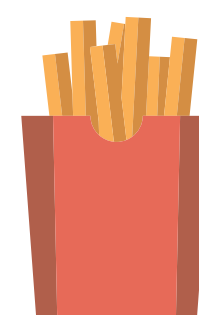
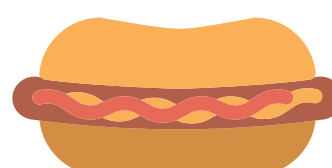


30 MINUTES
OF PHYSICAL ACTIVITY
5-7 DAYS A WEEK
& A WELL-BALANCED DIET
CAN IMPROVE MEMORY
AND YOUR ABILITY TO PROCESS INFORMATION

RESEARCH SHOWS A **BRAIN-HEALTHY DIET** IS:



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