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.

BY THE NUMBERS

- Every 40 seconds someone in the U.S. has a stroke.
- 80% of brain disease can be linked to cardiovascular disease.
- 3 out of 5 Americans will develop a brain disease in their lifetime.
- 99% of U.S. adults have at least one of seven cardiovascular health risks.

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.
- Get regular checkups: Schedule regular visits with your health care provider. Talk about how to control or manage your risk factors.
- Eat healthy: Increase the amount of fruits and vegetables you eat. Reduce your intake of sodium, added sugar and saturated and trans fats.
- Don’t smoke or vape: If you currently smoke or vape, quit.

HOW CAN I LEARN MORE?

1. Talk with your health care provider
2. Call 1-888-4-STROKE (1-888-478-7653) or visit heart.org/BrainHealth