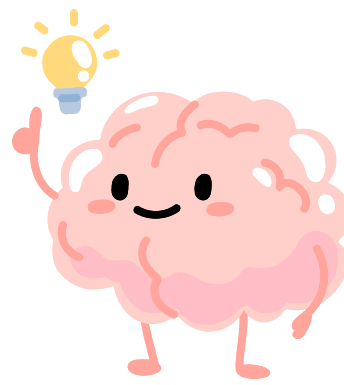


12 TIPS FOR A HEALTHY BRAIN

Learn about ways to reduce risk for dementia and boost your brain health!



1 Move your body!



- Do something that gets your heart pumping, like brisk walking, for at least **150 minutes** a week. Do muscle building activities at least **2 days** a week.
- Improve your balance. Do sit-to-stand exercises.
- Choose a physical activity that you enjoy. Have fun!

2 Healthy heart, healthy brain



- Work with a health care provider to manage your blood pressure and LDL cholesterol.
- Stay physically active.
- Eat a healthy diet.
- Maintain a healthy weight.
- Do not smoke. Avoid or limit alcohol consumption.
- Manage stress and practice self-care.

3 Eat a healthy diet



- Emphasize fruits, vegetables, nuts, whole grains, and healthy fats.
- Swap red meat for other proteins, such as beans, tofu, fish, or chicken.
- Use olive oil or avocado oil, instead of butter or other cooking oils.
- Avoid or limit ultra-processed foods.

4 Get 7-8 hours of sleep



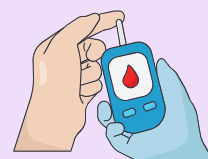
- Keep your bedroom quiet, dark, and at a comfortable temperature.
- Go to bed and wake up at the same times each day, including weekends.
- Exercise regularly.
- Remove electronic devices from your bedroom.

5 Protect your head



- Check your home for fall hazards such as loose rugs, bad lighting, and clutter.
- Use a walker, cane, or wheelchair, if needed.
- Always wear a helmet when riding bikes or playing contact sports.
- Always wear your seatbelt.

6 Manage your blood sugar



- Visit your health care provider regularly to help manage diabetes.
- Manage your blood sugar by eating healthy meals, exercising regularly, maintaining a healthy weight, and taking your prescribed medications.

7

Care for your mind



- Find a healthy outlet to relieve your stress.
- Learn new things and stimulate your brain.
- Acknowledge and accept positive and negative emotions.
- Consult a health care provider if you think you may have anxiety or depression.

8

Stay social



- Focus on the relationships you enjoy the most.
- Try to keep a circle of friends, family or neighbors with whom you can exchange thoughts
- Start a new social activity, hobby, or build a new friendship.

9

Check your hearing!



- Talk with your health care provider about your hearing every year.
- Wear hearing aides if you have hearing loss.
- Avoid loud environments whenever possible.
- Lower the volume when wearing headphones.

10

Limit alcohol intake



- Excessive alcohol consumption is associated with higher dementia risk.
- No more than 7 drinks per week.
- Call or text **988 for Hawaii CARES** for 24/7 free help in crisis, mental health, substance use treatment, and recovery support services.

11

No smoking



- It's never too late to stop smoking. Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked.
- Call or Text **1-800-QUIT-NOW** or **1-800-784-8669** for the **Hawaii Tobacco Quitline** for free confidential support.

12

Get your eyes examined



- Get your eyes checked by a health care provider every year.
- Wear sunglasses to protect your eyes from the sun's ultraviolet (UV) rays.
- If you are experiencing any changes in your vision, talk with your health care provider.

WANT TO LEARN MORE?

To learn more about keeping your brain healthy and lowering risk of dementia, scan the QR code.

