

10 ways to love your brain

Start now. It's never too late or too early to incorporate healthy habits

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.



Break a sweat

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow to the brain and body.



Hit the books

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community centre or online.



Butt out

Evidence shows smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



Follow your heart

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



Heads up

Brain injury can cause risk of cognitive decline and dementia. Wear a safety belt and use a helmet when playing contact sports or riding a bike.



Fuel up right

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Catch some Zzz's

Not getting enough sleep due to conditions like insomnia or sleep apnoea may result in problems with memory and thinking.



Take care of your mental health

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress



Buddy up

Staying socially engaged may support brain health. Find ways to be part of your local community.



Stump yourself

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

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