

Healthy Habits, Healthy Brain

Your brain is in charge of your personality, your thoughts, how you move your body, and your memories.¹ We need to take care of our brain, just like we take care of the rest of our body. Problems with your brain (like Alzheimer's and dementia) are often seen as an issue that affects Elders. But did you know that these issues can come from choices you make throughout your life?

Keeping your brain healthy as a kid, adult, and Elder can help to reduce your risk of brain diseases.² Build and keep the healthy habits below to protect your brain and keep it working well.



Move your body

Exercise regularly with activities that raise your heart rate and increase blood flow to the brain. Unhealthy brains are twice as common among adults who are inactive.³



Eat nutritious food

Choose nutritious foods like corn, beans, or wild rice. Limit or do not eat highly processed foods. These choices lower your risk of brain problems.²



Get good sleep

Your brain restores itself when you sleep. You need to sleep enough and get high-quality sleep to keep your brain healthy.¹



Take care of your health

Certain medical conditions (like diabetes, heart disease, and high blood pressure) increase your risk of dementia. Stay on top of your health conditions and follow any treatment plans.¹



Quit commercial tobacco

Current smokers are 30% more likely to develop dementia. The risk is even higher for heavy smokers. It is never too late to stop! Quitting smoking (especially earlier in life) can reduce your risk.⁴



Keep your head safe

Wear a helmet when doing activities like biking. This protects your brain from head injuries that can lead to brain problems in the future.¹



Work your brain

Learn new skills and challenge your mind. Like a muscle, it is good to exercise your brain.¹



Be with your community

Being socially isolated and lonely is linked to brain diseases. Hang out with your loved ones and stay active in your community.¹

Sources

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4. Puckering K. All you need to know about smoking and dementia. Alzheimer's Research UK. January 13, 2020. Accessed April 18, 2025. <https://www.alzheimersresearchuk.org/news/all-you-need-to-know-about-smoking-and-dementia>



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