



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



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



BUTT OUT 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 raise risk of cognitive decline and dementia. Wear a seat 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 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 or share activities with friends and family.



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

Virtual education programs continue. Learn more and RSVP at www.alz.org/crf or call our 24/7 Helpline at 800.272.3900.

Check out the attached monthly calendar.

EQUIP YOURSELF AFTER A DIAGNOSIS

If you have been diagnosed with Alzheimer's or another dementia, you are not alone.

There are people who understand what you are going through, and help is available. There is much you can do in the early stage to cope with and prepare for the changes ahead.

For more information visit: alz.org/help-support/i-have-alz or call our 24/7 Helpline at 800.272.3900.



RECOGNIZE PROGRESS, CONTINUE PUSHING FORWARD

Ten years ago, the Association, AIM and our passionate advocates paved the way for the National Alzheimer's Project Act (NAPA), which has fundamentally changed the way the nation addresses Alzheimer's and all dementia. As we mark the 10th anniversary of this landmark law, it is important to recognize both the progress we've made and the work that still needs to be done.

Learn more: alz.org/napa