

## 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.

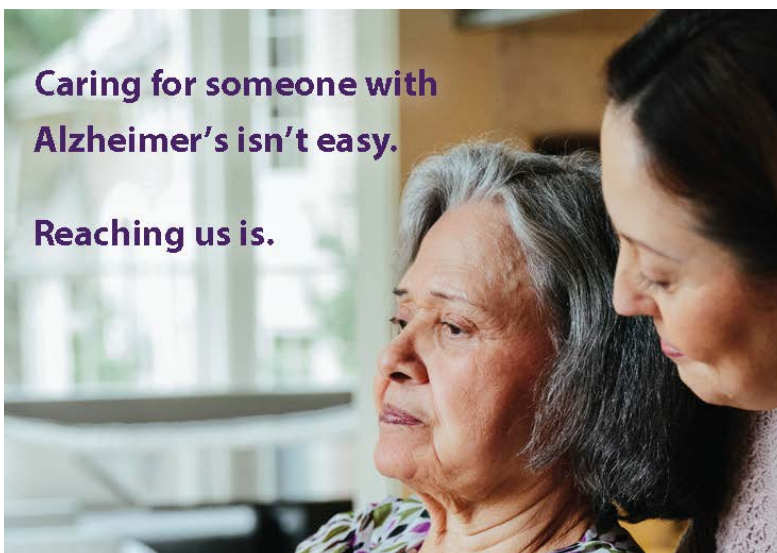
Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

## MSU Extension Legal and Financial Resources

We want to ensure Montanans with Alzheimer's disease and related dementias and their family caregivers have access to Montana specific materials about legal and financial alternatives.

If you suspect memory loss in a loved one, there are many important legal and financial considerations. Request a packet of resources from Keri Hayes at 406.994.3511 or [khayes@montana.edu](mailto:khayes@montana.edu) or visit [www.msuextension.org/alzheimer](http://www.msuextension.org/alzheimer).



Caring for someone with  
Alzheimer's isn't easy.

Reaching us is.

If you care for someone with Alzheimer's disease, memory loss or dementia, you are not alone. We're here day or night - whenever you need us - offering information and support.

Free 24/7 Helpline: 800.272.3900

Caregiver Center: [alz.org/care](http://alz.org/care)

Dementia respite program: Vicki at 406.234.6034

Presenting the 37th Annual Conference  
*Aging Together in Montana: Something in Common*



April 4-5, 2019

Great Northern Hotel, Helena, MT

For more information contact:  
[conference@montanagerontology.org](mailto:conference@montanagerontology.org)