Tips for better brain health

1. **Exercise**
   Can you do physical activities, like walking, more often?
   Can you add new activities to your routine?

2. **Cardiovascular Health**
   It is crucial to get checked and treated for irregular heartbeats, high cholesterol, and high blood pressure.

3. **Diabetes**
   Diabetes can be treated with diet and medications.
   Are you at risk for diabetes?

4. **Sedatives & Alcohol**
   Can you remove alcohol and sleeping pills from your lifestyle?

5. **Sleep**
   Do you get at least seven hours of sleep each night?

6. **Physical Health**
   Are you getting regular check-ups with your family doctor?

7. **Brain Exercise**
   Do you participate in stimulating leisure activities?
8. Mental Health
Are you feeling depressed or anxious?
Have you considered talking to your family doctor?

9. Hearing
If you are experiencing hearing difficulties, have you seen a speech or hearing professional?

10. Having a Purpose in Life
How can you become more involved in your community?

11. Social Life
Which activities can you do with your friends?

12. Oral Health
Are you flossing every day?

13. Nutrition
Is water your main drink?
It is recommended to follow Canada’s Food Guide.

14. Relaxation
What can you do to lower stress levels?