

Tips for better brain health

Société
Alzheimer
Society
CANADA

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement

CIHR IRSC
Canadian Institutes of Health Research
en santé du Canada

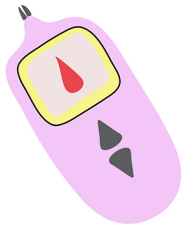
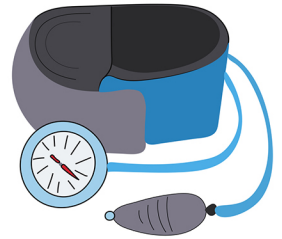


1. Exercise

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?

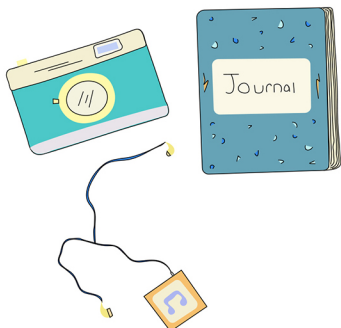


5. Sleep

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?

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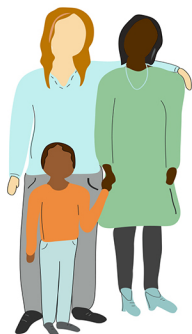


8. Mental Health

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?

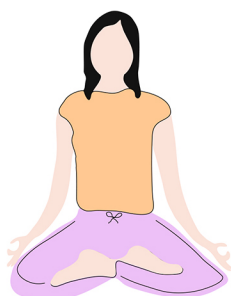
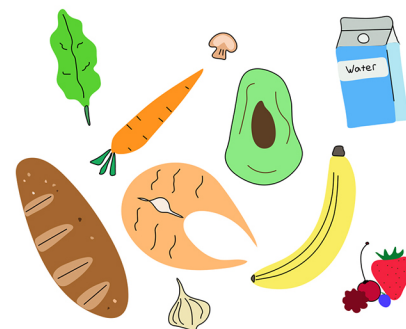


12. Oral Health

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?