



# The Big Five For Brain Health

1



## Prevent Head Injury.

Head injuries can cause problems with thinking and daily activities. Prevent head injury by wearing well-fitting shoes, adding grab bars in bathrooms, and wearing helmets when needed.

2



## Keep Your Heart Healthy.

Heart health is brain health. Focus on eating heart-healthy foods, like the foods in the MIND diet or Mediterranean diet. Exercise regularly, and take the medicines your doctor gives you. And remember: **No smoking!**

3



## Sleep Tight.

Sleep helps your brain keep memories and clears away toxins. Make sleep a priority, and use your CPAP machine if you have sleep apnea.

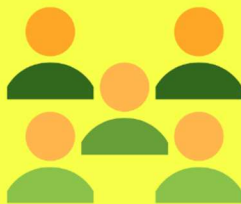
4



## Keep Learning.

Your brain was made to learn, and learning helps keep your brain strong. Give your brain a challenge by reading a new book, learning a new hobby or skill, visiting a new place, or trying new foods.

5



## Stay Connected.

Being lonely is bad for our emotions and our brains. Staying connected to our loved ones helps protect our brain over time.