



## Keep Your Brain Fit

Follow these steps to keep your brain fit.

- Maintain a healthy heart.
- Get physical! Aim for 30 minutes of physical activity, 5 days a week.
- Stimulate your brain – do a crossword puzzle or learn something new.
- Don't smoke and limit alcohol intake.
- Cherish your sleep.
- Eat a balanced diet.
- Stay social.
- Manage your stress. Slow down and be present.