

HEALTHY HEART, HEALTHY BRAIN, AND HEALTHY AGING

Choices you make today can help prevent stroke and heart disease and keep you mentally sharp as you age.



Alliance
HEALTH
A member of Beary Paid Member Hospitals

American
Stroke
Association.

A division of the
American Heart Association.

Avoid **brain problems** like stroke, memory loss and difficulties with thinking and learning by **taking the following actions:**



MANAGE BLOOD
PRESSURE, BLOOD
GLUCOSE &
CONTROL
CHOLESTEROL



SLEEP
WELL



STOP SMOKING &
LIMIT ALCOHOL
INTAKE



EAT
BETTER



MONITOR
COGNITIVE
CHANGES



GET
PHYSICALLY
AND SOCIALLY
ACTIVE



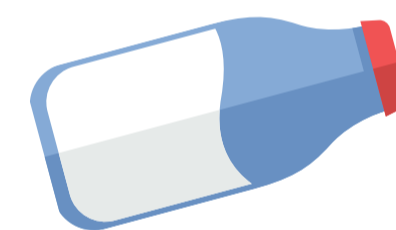
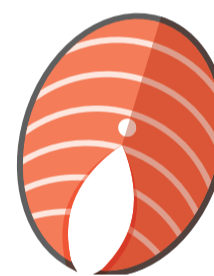
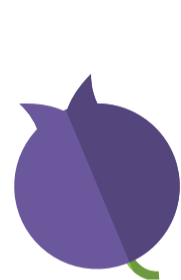
LOSE
WEIGHT



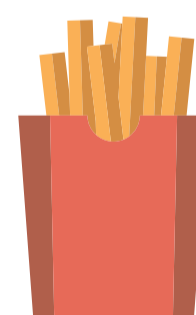
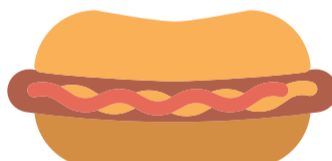
150 MINUTES
OF PHYSICAL ACTIVITY
PER WEEK

& A WELL-BALANCED DIET
CAN IMPROVE MEMORY
AND YOUR ABILITY TO PROCESS INFORMATION

Research shows a **brain-healthy diet** is:



HIGH in fruits, vegetables, poultry, fish, nuts,
whole grains and low-fat foods



LOW amounts of red meats, sweets, sugar-sweetened
beverages, saturated fat and cholesterol



**80% OF STROKES
AND HEART DISEASE
MAY BE PREVENTABLE¹**

All systems of our bodies work best when they have optimal blood flow, and our brain's ability to think, regulate, control our bodies and enjoy life is no exception.

¹<https://www.ahajournals.org/doi/abs/10.1161/01.str.0000442009.06663.48>

For more information visit heart.org/BrainHealth