

▶▶▶ Checklist: 8 Ways to Promote Brain Health

- ✓ Exercise
- ✓ Eat Healthy
- ✓ Spend time with family and friends
- ✓ Limit alcohol use
- ✓ Don't smoke
- ✓ Manage cardiac risk factors aggressively
- ✓ Manage stress
- ✓ Learn a new skill

Research shows that these are the most likely to help preserve your ability to think and remember.