

8 Healthy Habits to Help Prevent Dementia



Care for your heart

Track your numbers and keep them in the recommended ranges: Track your blood pressure, cholesterol, blood sugar, and weight.



Be physically active

Aim for 30 minutes of activity most days.



Eat Healthy

Follow Canada's Food Guide: plenty of vegetables and fruits, limit highly processed foods and make water your drink of choice.



Be Social



Challenge your brain

Expose your brain to new things. Do more than one type of activity.



Protect your head



Sleep Well

Get 7-8 hours of sleep in a 24 hour period. Have a regular sleep routine. Try relaxation techniques.



Care for your mental health

Talk about your mental health. Build resilience. Practice all the other brain healthy choices.

