

# 10 Healthy Habits For Promoting Brain Health

At this time, there is no cure for dementia. These healthy habits can help reduce the risk of dementia. However, dementia is not always preventable and is **NEVER** anyone's fault.

1

**Engage your brain**

Never stop learning

2

**Adopt a heart healthy diet**

Eat fruits, vegetables, whole grains, and healthy fats

3

**Limit use of alcohol and tobacco or vaping**

4

**Stay socially connected**

5

**Take care of your mental and emotional health**

Stress, anxiety, depression, etc.

6

**Move your body every day**

7

**Keep your heart healthy by managing high blood pressure**

8

**Maintain a healthy body weight**

9

**Do what you can to protect yourself from head injuries**  
Wear a helmet

10

**Build healthy sleep habits**

Additionally, it's important to seek and follow healthcare professional guidance for any physical health conditions and hearing or visual loss.

## Additional Resources:

### CDC - Reducing Risk for Dementia

<https://www.cdc.gov/alzheimers-dementia/prevention/index.html>



### NIH - Reducing Your Risk of Dementia

<https://order.nia.nih.gov/sites/default/files/2025-02/reducing-your-risk-dementia-tip-sheet.pdf>

