



WHAT IS GOOD FOR THE HEART IS GOOD FOR THE BRAIN



Getting old does not mean you will get dementia!!

Reduce your risk of dementia!

There are things you can do to reduce your own risk of developing dementia. These include keeping active, eating healthily, and exercising your mind. Your lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialise, and how you manage stress are all critically important to your brain health.

There is a lot of evidence that lifestyle choices can affect our risk of developing dementia. Dementia risk is lowest in people who have healthy behaviours in mid-life (aged 40–65).

No single behaviour is guaranteed to prevent dementia, and some are easier to change than others.

How to reduce your risk of dementia?

A lifelong approach to good health is the best way to lower your risk of dementia. The younger you start the better, so start as early as possible.

There are some lifestyle behaviours with enough evidence to show that changing them will reduce your risk of dementia.

Physical Activity



Regular physical activity is one of the best things that you can do to reduce your risk of developing dementia.

A lack of physical exercise is one of the main factors where the evidence is strong enough to show that it increases a person's risk of developing dementia. Studies looking at the effect of exercise in middle-aged or older adults have reported improvements in thinking and memory, and reduced rates of dementia. (Source: Alzheimer's Society)

Did you know?

- Doing regular physical activity or just moving more is one of the best ways to reduce your risk of dementia.
- It's good for your heart, circulation, maintaining your weight, mental wellbeing.
- Studies have shown that regular exercise can reduce the risk of developing dementia by about 28%. For Alzheimer's disease specifically, the risk was reduced by 45%. These numbers come from an analysis that combined results of 16 studies into exercise and dementia.
- Any exercise is better than none, whether it be a few walks per week, a [low impact exercise class](#) or anything else that gets you moving such as a good weeding session in the garden.

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