Alzheimer’s is a fatal disease that affects the ability to remember, think and plan. Worldwide, 47 million individuals are living with Alzheimer’s, and this number is set to rise dramatically unless we do something about it.

While we cannot prevent Alzheimer’s disease, people can help reduce their risk of cognitive decline. In recognition of Alzheimer’s & Brain Awareness Month in June, the Alzheimer’s Association offers

10 WAYS TO LOVE YOUR BRAIN

**Hit the Books**
Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

**Butt Out**
Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

**Follow Your Heart**
Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

**Heads Up!**
Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

**Fuel Up Right**
Eat a balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.

**Stump Yourself**
Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

**Buddy Up**
Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

**Break a Sweat**
Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

**Take Care of Your Mental Health**
Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

**Catch Some Zzz’s**
Not getting enough sleep may result in problems with memory and thinking.

Visit alz.org and take the Purple Pledge to support the fight to end Alzheimer’s.