



# 10 warning signs



**Memory loss  
that affects  
day-to-day  
activities**



**Challenges  
with  
performing  
familiar tasks**



**Confusion  
about time and  
space**



**Challenges  
with language**



**Challenges  
with abstract  
thinking**



**Misplacing  
items**



**Changes in  
mood or  
behaviour**



**Changes in  
judgment**



**Loss of  
initiative**



**Changes to  
personality**



# 7 ways to be brain healthy

- 1. Care for your cardiovascular health**
- 2. Be physically active**
- 3. Eat Healthy**
- 4. Engage in social activities**
- 5. Challenge your brain**
- 6. Protect your head**
- 7. Stop smoking and avoid excessive alcohol consumption**

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

Aim for 30 minutes of activity most days

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

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