It’s never too late to start living a brain–healthy life!

Based on an extensive review of epidemiological studies and animal research*, the Institute of Medicine recommends four steps to keep your brain working well as you grow older:

1. Stay physically active—exercise regularly

2. Reduce vascular risk factors (like high blood pressure and cholesterol) with good diet, healthy lifestyle, and medication when necessary

3. Talk to your doctor about diseases and drugs that may impair brain function

4. Keep your brain lively with social and intellectual activity, and adequate sleep