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Keep your brain strong every day

Your brain is at the centre of everything you do (thinking, feeling, remembering, and learning). Taking care of it throughout your life can help you stay independent, active, and mentally sharp as you age. Dementia is not an inevitable part of getting older, and there are many ways to lower your risk.

Daily habits make a difference. Regular physical activity improves blood flow to the brain and supports memory. Eating balanced meals rich in fruits, vegetables, whole grains, and healthy fats helps protect your blood vessels and brain cells. Aim for



quality sleep because deep rest allows the brain to recover and store memories. Staying connected with family, friends, or community groups keeps your mind engaged and boosts your mood.

It is also important to look after your body to protect your brain health. Manage your blood pressure, cholesterol, and blood sugar with the help of your healthcare team. Protect your hearing, avoid smoking, and limit alcohol. Challenge your brain with reading, puzzles, or learning something new, since even small activities can make a lasting difference.



For more ways to keep your brain healthy, visit:

- Government of Canada - [Dementia prevention and brain health](#)
- Alzheimer Society of Canada - [Brain-healthy tips](#)