

DR. KENNETH H. COOPER'S

# STEPS TO PREVENT ALZHEIMER'S



WHAT IS GOOD FOR THE HEART IS GOOD FOR THE BRAIN



## ENGAGE YOUR BRAIN DAILY

Games, crosswords, brain teasers and other puzzles  
Learn new things  
Improve computer skills

## DELAY RETIREMENT

## GET ADEQUATE SLEEP

At least seven hours per night



## EXERCISE

At least 30 minutes of collective or sustained physical activity most days of the week



## CONTROL CORONARY RISK FACTORS

Blood pressure - less than 140/90  
Total cholesterol - less than 200  
Control obesity and avoid inactivity

## SOCIALIZE

Join a club, church, synagogue or group  
Volunteer with an organization

## USE ALCOHOL IN MODERATION, IF AT ALL

No more than one drink per day or total seven drinks per week



## TAKE YOUR VITAMINS

VITAMIN B12: 400 mcg daily  
VITAMIN D3:  $\geq 50$  mcg (2,000 IU) daily  
OMEGA-3: 1,000 mg daily and/or consume two servings of fatty fish per week



## EAT HEALTHILY

Mediterranean diet  
Dietary Approaches to Stop Hypertension (DASH diet)  
At least 5-10 servings of fruits and vegetables daily

## DO NOT USE TOBACCO OF ANY TYPE

For more tips, visit [GetCooperized.com](http://GetCooperized.com)



Cooper Clinic™  
Preventive Medicine  
A COOPER AEROBICS COMPANY