



American Stroke Association
A division of the American Heart Association.

BRAIN HEALTH & HEALTHY AGING

As you age, a healthy body is key to a healthy brain and sharp mind. Stay healthy and active to help reduce your risk of stroke, heart disease, memory loss and difficulty with thinking and learning.

BY THE NUMBERS

40

Every 40 seconds someone in the U.S. has a stroke.



80%

of brain disease can be linked to cardiovascular disease.



99%

of U.S. adults have at least one of seven cardiovascular health risks.

3 out of 5

Americans will develop a brain disease in their lifetime.



Stroke is the No. 5

Cause of Death in the U.S.



YOUR LIFESTYLE CHOICES AFFECT YOUR BRAIN HEALTH

It's never too late to start making healthier choices:



Get enough sleep

Adults need 7–9 hours per night. Teenagers and children need more.



Get regular checkups

Schedule regular visits with your health care provider. Talk about how to control or manage your risk factors.



Move more, sit less

Aim for 150 minutes of moderate aerobic exercise per week or 75 minutes of vigorous exercise (or a combination) per week.



Eat healthy

Increase the amount of fruits and vegetables you eat. Reduce your intake of sodium, added sugar and saturated and trans fats.



Don't smoke or vape

If you currently smoke or vape, quit.

HOW CAN I LEARN MORE?

1

Talk with your health care provider

2

Call 1-888-4-STROKE (1-888-478-7653) or visit heart.org/BrainHealth