

Stay Sharp!

Epidemiological studies in many countries* looking at individuals from middle to old age have found **four factors** that may contribute to the maintenance of cognitive function. **Start today to help keep your brain sharp!**

1.

Increase your level of **mental activity**



2.

Increase your level of **physical activity**



3.

Increase your level of **social engagement**



4.

Eat well and control vascular risk factors such as blood pressure, cholesterol, and stress



The Dana Alliance for Brain Initiatives



www.dana.org

*an expert panel convened by the NIH published a summary of these findings in 2006.