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## WAYS TO REDUCE THE RISKS OF DEMENTIA

**1 TAKE REGULAR EXERCISE**  
30 minutes of exercise, 5 days a week.

**2 EAT A BALANCED DIET**  
Follow the Eatwell guide.

**3 KEEP THE BRAIN ACTIVE**  
Do puzzles and quizzes, learn something new.

**4 REDUCE ALCOHOL INTAKE**  
Keep to the recommended 1 to 14 units of alcohol per week for both men and women.

**5 MAINTAIN HEALTH**  
Monitor and manage blood pressure, cholesterol levels, diabetes and depression.

**6 STOP SMOKING**  
This will help to prevent the build-up of deposits in blood vessels



Taken from our Mental Health,  
Dementia & Learning Disabilities course