

BRAIN HEALTH BEGINS WITH YOUR HEART



Did you know that taking care of your heart can protect your brain?

Your heart and brain health are connected. The heart pumps blood through vessels that reach every part of your body, including your brain. These vessels carry the oxygen and energy your brain needs to learn, think, and remember. Health conditions like high blood pressure and diabetes can make it harder for the heart to pump blood to your brain. Reduced blood flow to the brain can put you at risk for Alzheimer's disease or other types of dementia.

HEALTHY HABITS FOR BRAIN HEALTH

Here are some helpful habits to keep your heart and brain healthy:



Add more fruits, vegetables, and whole grains to your plate.



Find ways to move your body more, like taking a dance class.



Get at least seven hours of sleep every night.



Schedule regular checkups with your doctor.



Take your medicines for high blood pressure and diabetes, even if you feel good.



Measure your blood pressure at home and share your numbers with your doctor.

TIPS TO ACCURATELY MEASURE BLOOD PRESSURE AT HOME

- Use the restroom first.
- Don't smoke, exercise, or drink alcohol 30 minutes before measuring.
- Sit with feet flat on the floor and back supported.
- Sit quietly for at least 5 minutes before measuring.
- Place cuff on bare arm and support arm at heart level.



RESOURCES TO SUPPORT HEART AND BRAIN HEALTH

Fitness



- **The Wellness Center:** Located in Boyle Heights. Offers free fitness & nutrition classes. Website: www.thewellnesscenterla.org | Call **213-784-9191** for more details.
- **YMCA of Metropolitan Los Angeles:** Offers health & fitness classes across 26 facilities. Website: www.ymcala.org
- **The Good Life Path:** Online resources & classes on fitness, nutrition, & brain health. Website: www.thegoodlifepath.org | Call **510-306-2584** for more details.

Nutrition



- **Farmers' Market Finder:** Search for local farmers' markets that accept CalFresh EBT. Website: www.ecologycenter.org/fmfinder
- **CalFresh Healthy Living:** Find healthy recipes that are budget-friendly and easy to make. Website: www.bit.ly/calfresh-rec
- **Centers for Disease Control and Prevention:** Create a balanced eating plan. Website: www.bit.ly/CDC-Eating

Health



- **Centers for Disease Control and Prevention:** Learn about managing high blood pressure. Website: www.bit.ly/CDC-HBP
- **Los Angeles County Department of Public Social Services:** Apply for Medi-Cal and CalFresh EBT. Website: www.bit.ly/DPSS-1
- **My Health LA:** A no-cost health care program in Los Angeles for individuals between 26-49 years old who cannot get health insurance. Website: www.bit.ly/MHLA-1 | Call **844-744-6452** for more details.

Learn more about dementia & brain health:



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