



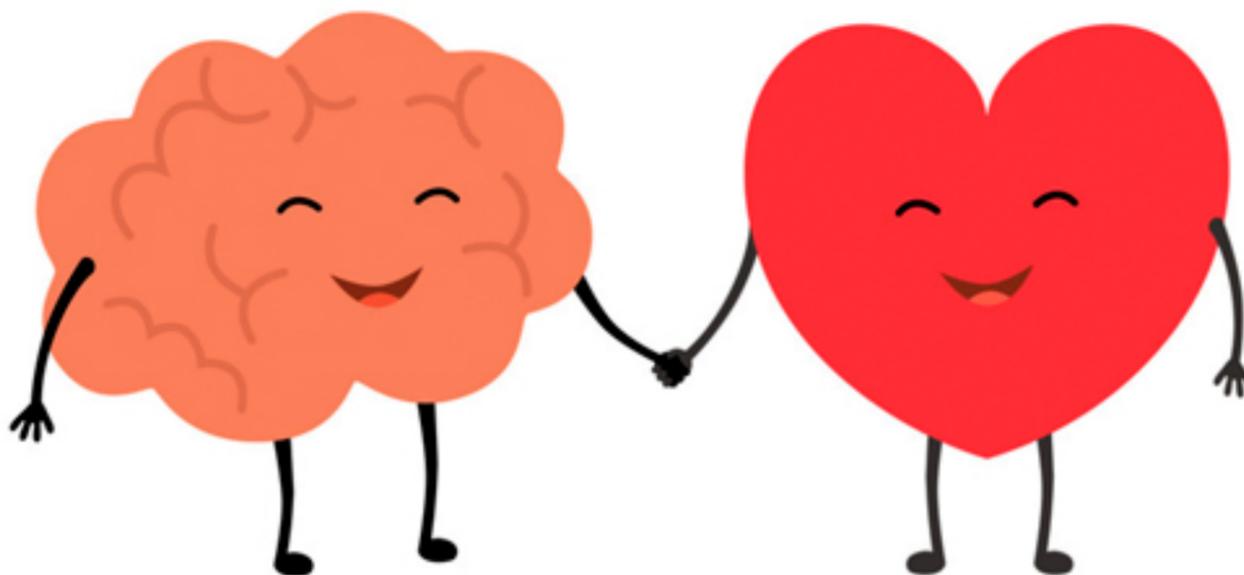
## THE **BRAIN-HEART** CONNECTION

Multiple studies suggest that there is a link between brain and heart health.

**Get Moving** A lack of exercise makes everyone more susceptible to high blood pressure and obesity. Your brain needs moderate-intensity activity several times a week to function at its highest potential.

**Don't Smoke** Smoking can also damage blood vessels and makes blood more likely to clot, which can lead to heart attack and stroke.

**Keep Blood Pressure in Check** High blood pressure can lead to heart disease and stroke and puts people at risk for dementia later in life.



**Eat Healthy + Limit Alcohol** A poor diet and excessive alcohol consumption negatively impacts brain and heart health by causing whole-body inflammation, high blood pressure and increased stroke risk.

**Take Control of Diabetes** Diabetes damages blood vessels and nerves throughout the entire body – including those in the brain and heart.

The two-way activity between the brain and heart is associated with sympathetic and parasympathetic balance. Mindfulness meditation and heart-focused breathwork can improve this balance.

