

6 Ways to Promote Brain Health and Reduce Your Risk of Dementia



Physical Activity, Sedentary Behaviour, and Sleep

Follow the [Canadian 24-Hour Movement Guidelines](#) and engage in 150 minutes of moderate to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Add muscle and bone-strengthening activities using your major muscle groups at least two days per week. Pick activities that you enjoy so you are more likely to stick with it. Limit sedentary time.

For adults aged 18-64 get 7-9 hours of good-quality sleep, or 7-8 hours for those 65 and older.