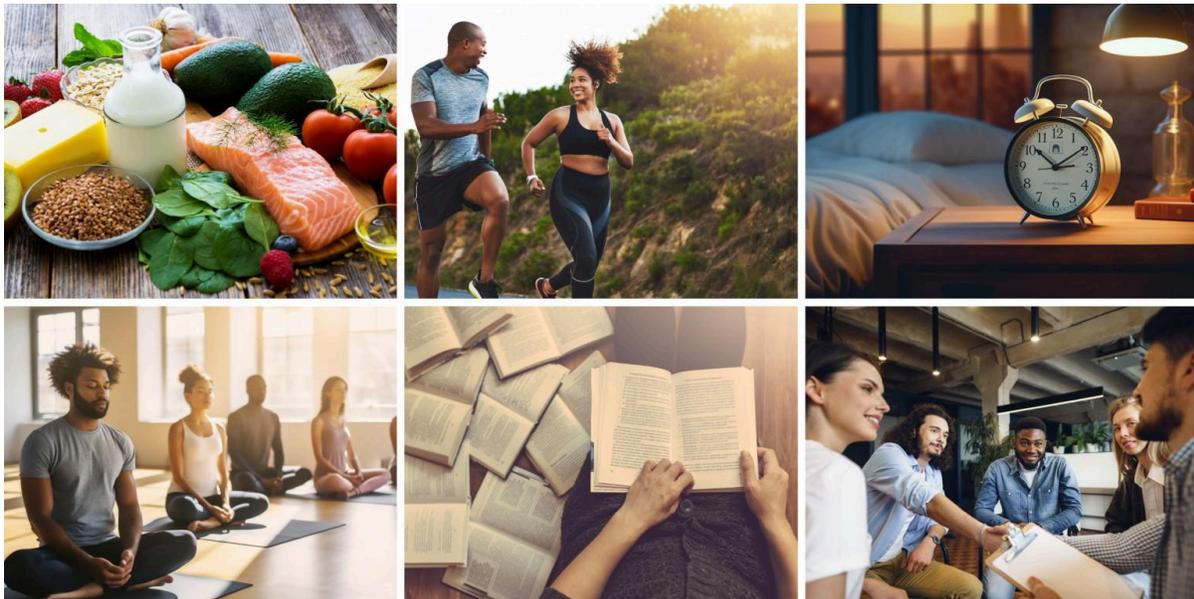


6 Lifestyle Habits That May Reduce Your Risk of Alzheimer's Disease

Lifestyle choices play a significant role in brain health. Here are six habits that research suggests may help reduce the risk of Alzheimer's disease.



Alzheimer's disease is an epidemic. More than 6 million Americans are currently living with Alzheimer's disease.. Over 55 million people are estimated to be affected worldwide.

Throughout the years, the FDA has approved drugs to treat Alzheimer's, but most treatments have come and gone or have done little to slow down the disease.

Millions of families have watched loved ones gradually lose their memories, independence, and sense of self.

The Time is Now

Although most people diagnosed with Alzheimer's are 65 and older, research has proven **that the deterioration involved with Alzheimer's can start around middle age, and in some cases, even younger.**

It's never too early, or too late, to protect yourself.

Although there's no cure yet, many **health professionals agree that you can significantly reduce your risk of developing Alzheimer's by living a healthy, stimulating lifestyle.**

Here are six lifestyle habits that may reduce your risk of Alzheimer's disease.

1. Maintain a Healthy Diet

[Vegetables, fruits, and organic meats give your brain the nutrients it needs to protect itself against Alzheimer's disease.](#)

Diets high in processed foods, refined sugars, and excess starch can trigger inflammation in the body and brain, increasing vulnerability to cognitive decline. ¹

Many doctors recommend [the MIND diet](#), developed by nutritional epidemiologist [Dr. Martha Clare Morris](#). It's a meal plan specifically designed to give your brain the nutrients to defend against Alzheimer's disease.

[Watch this short video on the MIND diet.](#)

2. Exercise Often

[Exercising is one of the best things you can do to reduce your risk of developing Alzheimer's disease.](#) ²

A sedentary lifestyle hinders blood flow. Your brain cannot function at its best. Consistent inactivity leaves you at risk of developing Alzheimer's.

Aerobic exercises get the blood pumping through your brain, providing the energy to ward off degeneration.

¹ An unhealthy diet may lead to Insulin Resistance, limiting your body's ability to use fats to build energy and distribute it to your brain, which would leave it more vulnerable to develop Alzheimer's or other neurodegenerative illnesses.

²developing The excessive buildup of beta-amyloid plaques in the brain is one of the main biomarkers of Alzheimer's, next to the development of tau tangles. **Exercise stimulates the Glymphatic System, a waste management process that regulates Beta-Amyloid proteins.**

Even short workouts—such as 15 minutes of activity three to five days per week—can make a meaningful difference.

Some popular workouts include:

- Power Walking / Jogging / Running
- Jump Roping
- Cycling
- Swimming
- Dancing (I.E. Zumba)

[Try these at-home workouts](#)

3. Get Enough Sleep

[Sleeping well reduces your risk of developing Alzheimer's disease.](#)

Chronic sleep deprivation interferes with the brain's ability to repair and maintain neural connections. If this continues for too long, it increases your risk of developing Alzheimer's.

During sleep, the brain performs critical maintenance processes that support memory, learning, and neuron health.³ Most health experts recommend 7–8 hours of sleep per night for optimal brain health.

Here are tips on how to practice good sleep hygiene.

- Set a sleep schedule
- Follow a nightly routine
- Practice daily healthy habits
- Optimize your sleep environment

[Watch this short video on how to improve your sleep.](#)

³ When you're sleeping, your brain can flush out Beta-Amyloid proteins and limit the development of Tau Tangles.

4. Keep Learning

[Stimulating mental activity throughout your life significantly reduces your risk of developing Alzheimer's disease.](#)

A stagnant mind can lead to cognitive decline and neurodegenerative diseases like Alzheimer's.

Online resources offer many opportunities to acquire skills and learn new things. Obtaining a mentally stimulating, fulfilling career is highly beneficial to your brain's health.

Frequently performing activities that require comprehension, critical thinking, memorization, and creativity strengthens your brain, building its defenses against cognitive decline and Alzheimer's.

See your brain as a muscle. If you don't use it, you lose it. The more you use it properly, the stronger it will be.

Here are some activities recommended by health experts:

- Reading and Writing
- Drawing and Painting
- Learning a language
- Playing an instrument
- Solving puzzles

5. Manage Stress

You likely go through stressful situations from time to time, stemming either from your professional or personal life. Occasional stress is a normal part of life and does not directly cause Alzheimer's disease.

[Consistent, severe stress, however, leads to depression, anxiety, and other disorders, increasing the risk of Alzheimer's and other forms of cognitive decline.](#)

Handling stress effectively is vital for your brain to maintain itself.

[Mindfulness-Based Stress Reduction \(MBSR\)](#) is a modern meditation technique that has roots in ancient Buddhist practices. The program was developed in the 1970s by [Jon Kabat-Zinn](#), a professor of medicine and mindfulness researcher.

6. Build Healthy Relationships

[Maintaining strong social relationships reduces your risk of developing Alzheimer's disease.](#)

Prolonged social isolation, however, [increases your risk of dementia by nearly 60%](#).

Here are some tips on maintaining social connections:

- Stay in touch with family and friends
- Join a club or volunteer with a group
- Participate in a community event
- Connect with people at work, school, or church
- Establish a bond with your neighbors

Numerous online communities and organizations can help people stay socially engaged. By exploring, you're likely to connect with others who share your interests and goals.

The Cognitive Reserve Theory

These habits may help build what scientists call [cognitive reserve](#)—the brain's ability to resist damage and maintain function despite aging or disease.

Think of it as providing insurance for your brain. When you live a healthy, stimulating, balanced lifestyle, you're sowing seeds of health that you will get back in spades as you age.

End Alzheimer's

Alzheimer's disease has devastated millions of people for too long. The first step toward fighting Alzheimer's is education.

While researchers continue searching for a cure, individuals can take meaningful steps today to protect their brain health. By adopting healthy habits and staying mentally and socially engaged, you can reduce your risk and support lifelong cognitive well-being.

Want to protect your brain health? Start by incorporating just one of these habits this week. Small lifestyle changes today can make a meaningful difference for your cognitive health in the future.

Learn More

For more information about Alzheimer's disease, visit:

Alzheimer's Association — <https://alz.org>

Alzheimer's Disease International — <https://alzint.org>

Alzheimer's Society — <https://alzheimers.org.uk>

Sources

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