Everybody has a role to play in this challenge of reducing future dementia rates.
12 key actions that the Landmark Study lists as being shown to improve overall brain health. Along the way, these actions can also help reduce the risk of developing dementia.

1. Be physically active each day.

Reduce sedentary time and move more. This can include all types of physical activities, including walking, running, weightlifting, gardening, yoga, tai chi, swimming, dancing, biking, team sports and yard work.

2. Protect your heart.

Monitor your blood pressure, cholesterol and diabetes closely. What's good for the heart is also good for the brain.

3. Stay socially active.

Make sure to be engaged with friends and family. Maintain your social network and stay connected.

4. Manage your medical conditions.

Keep on top of your overall health. This is directly linked to your brain health and your ability to avoid dementia as you get older.

5. Challenge your thinking.

Take on mental leisure activities that you enjoy. Always try to learn new things, no matter what your age.

6. Get a good night's sleep every night.

Try to sleep 6 to 8 hours each night to help maintain your brain health.

7. Have depression treated.

Remember that depression is more than just feeling down. Seek help to improve the functioning of your brain.

8. Avoid excessive alcohol intake.

Limit your intake of wine, beer and other alcoholic beverages.

9. Maintain your hearing and vision

Use hearing aids if you need them. Protect your hearing from loud noises. Get your hearing tested. Get your vision tested.

10. Find meaning in life.

Find a purpose to get out of bed each day. This is associated with better brain health and reduced dementia risk.

11. Avoid all types of head injury.

Steer clear of activities where you might put your brain at risk of harm.

12. Adopt healthy behaviours.

Make healthy food choices, reduce avoidable stress, quit or reduce smoking, and get regular check-ups with your doctor. All these actions will positively affect your brain health.