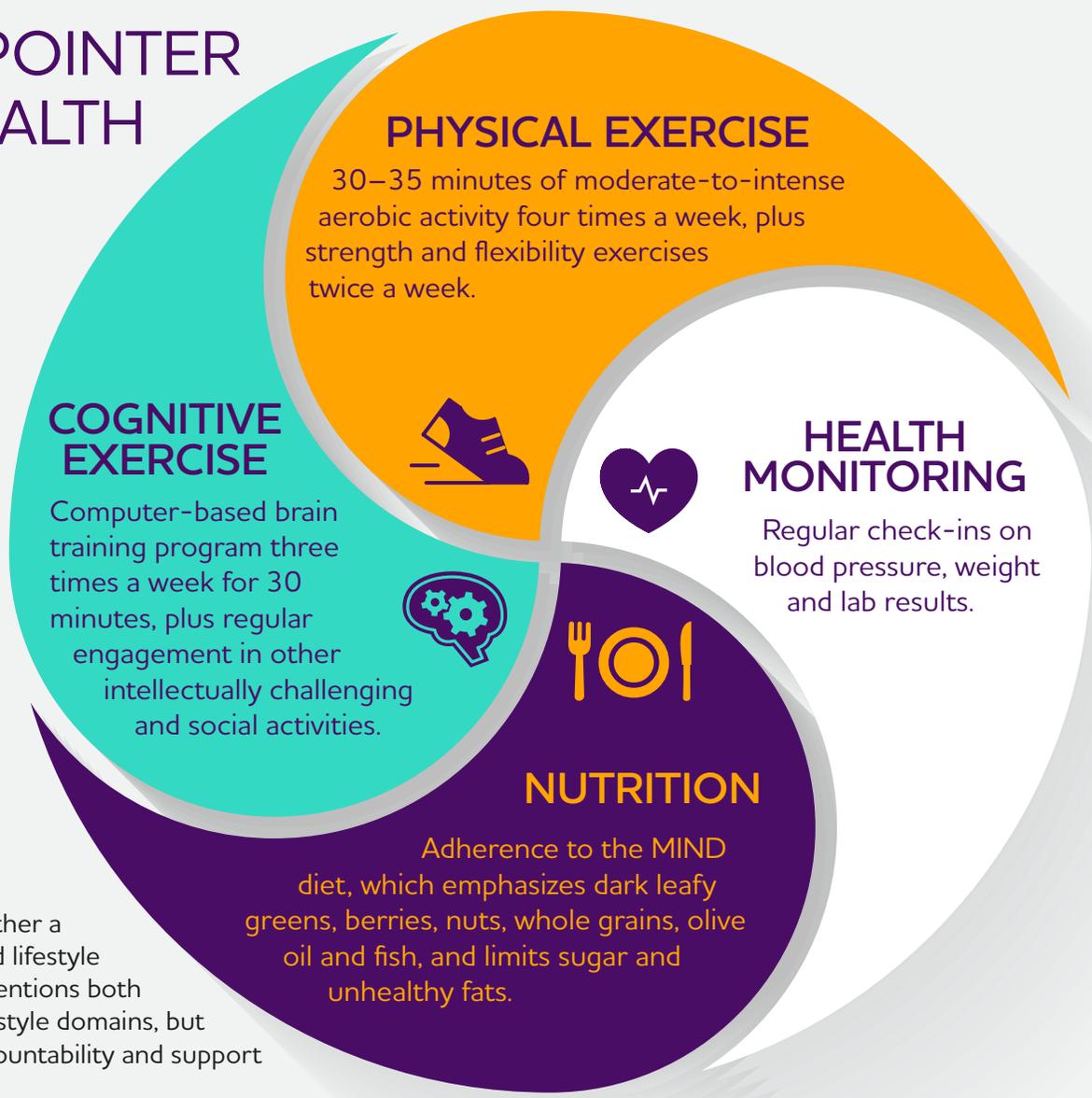


## U.S. POINTER Results Show That Healthy Behaviors Have a Powerful Impact on Brain Health

This two-year clinical trial found that simultaneously targeting risk factors for cognitive decline – including regular physical activity, a brain-healthy diet, cognitive and social engagement and health monitoring – can improve brain function in older adults. While the cognitive health of all participants in U.S. POINTER improved, the group\* that followed a more structured program improved even more, helping to protect thinking and memory from the normal decline that often comes with aging over the two-year period of the study. These results provide powerful, actionable guidance for promoting brain health in aging populations.

Learn more at [alz.org/uspointer](https://alz.org/uspointer)

### THE U.S. POINTER BRAIN HEALTH RECIPE\*



\*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.