**Video Talking Points:**

1. **Introduction**
	* Briefly introduce the importance of maintaining cognitive health as we age.
	* Mention the goal of the video: to share actionable strategies for preserving cognitive function.
2. **Key Strategies**
	* **Engage in Complex Tasks**: Talk about how staying mentally active with work, learning, and challenging activities (like playing an instrument or learning a language) strengthens neural networks.
	* **Lifestyle Choices**: Highlight the importance of a Mediterranean diet, regular exercise, and brain games in reducing dementia risk.
3. **Lifestyle Tips for Cognitive Health**
	* Discuss the benefits of sauna use, omega-3 fatty acids, and social engagement.
	* Emphasize the importance of adequate sleep and managing stress.
4. **Avoiding Risks**
	* Mention the risks of excessive alcohol consumption, head trauma, and untreated sleep apnea.
	* Explain how managing blood pressure and maintaining good hearing and vision support cognitive health.
5. **Conclusion**
	* Wrap up by stressing the value of regular check-ups and making these simple changes for better cognitive health.
	* Call to action: Encourage viewers to take steps today for a healthier brain tomorrow.