**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.