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Brainy App™

The brain can grow new brain cells and strengthen the connections between them at any age. By being physically active, mentally challenging your brain, and being socially engaged, you can help to give your brain a healthy boost!



Your Brain Matters is Alzheimer's Australia's evidence based program on what you can do to live a brain healthy life to help reduce the risk of developing dementia. Being brain healthy is important at any age. So it's never too early or late to take up the 5 simple steps to maximise your brain health!

YOUR BRAIN MATTERS

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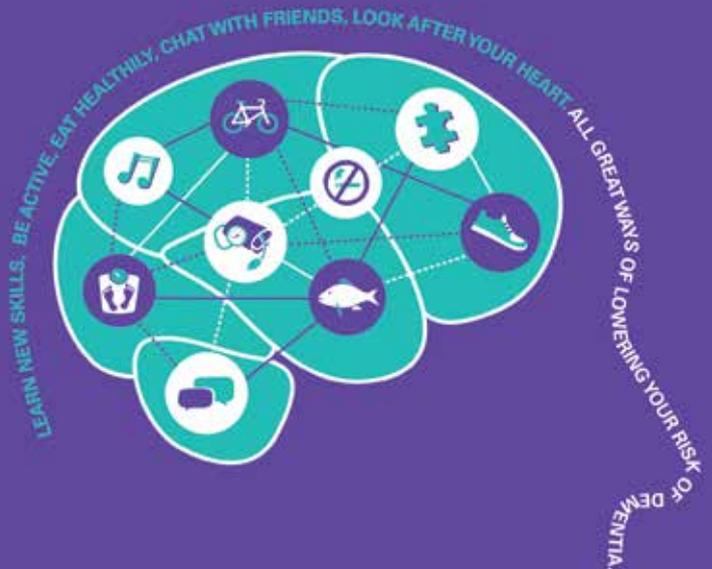
For more information and tips on how to live a brain healthy lifestyle visit

YOURBRAINMATTERS.ORG.AU

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NATIONAL DEMENTIA HELPLINE 1800 100 500

5 SIMPLE STEPS TO MAXIMISE YOUR BRAIN HEALTH



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TAKE ACTION

5 SIMPLE STEPS TO
MAXIMISE
BRAIN
HEALTH

STEP 1 LOOK AFTER YOUR HEART

Did you know that what's good for the heart is good for the brain? Having high blood pressure, high cholesterol, type 2 diabetes, being obese, and smoking all increase the risk of developing dementia. Promisingly, research suggests that treatment of mid-life high blood pressure has been found to reduce dementia risk. Treatment of high cholesterol, diabetes and obesity is necessary for good brain health. Quitting smoking has also shown to be protective against dementia. So it's important to have regular health checks, seek help on quitting smoking, and follow the advice your doctor.



STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY

Regular physical activity is associated with better brain function and reduced risk of dementia. To put it simply, being physically active gives our brains a healthy boost. Physical activity increases blood flow to the brain, stimulates the growth of brain cells and connections between them, and is associated with larger brain volume! Follow Australia's Physical Activity and Sedentary Behaviour Guidelines by being active on most, but preferably all, days of the week. Accumulate 2.5 to 5 hours of moderate physical activity each week; and include muscle strengthening activities, such as lifting weights, at least 2 days a week.



STEP 3 MENTALLY CHALLENGE YOUR BRAIN

Being mentally active throughout your life is important for brain health. Challenging the brain with new activities helps to build new brain cells and strengthen connections between them. Mentally challenging your brain can protect against dementia. The key is to always learn new things. It could be learning a new language, taking up a new sport or learning a new hobby. Challenge yourself often and keep learning new things throughout life.



STEP 4 FOLLOW A HEALTHY DIET

Evidence suggests that a healthy, balanced diet may help in maintaining brain health and functionality. Studies indicate that a diet high in saturated and transunsaturated fats (meat, deep fried food, takeaway food, pies, pastries, etc) are associated with an increased risk of dementia. Evidence suggests that a diet that includes a higher intake of polyunsaturated and monounsaturated fats (e.g. olive oil and fish oil), foods high in antioxidants (e.g. tomatoes, pinto and kidney beans, oranges) are beneficial to brain health. We recommend following the Australian Dietary Guidelines by eating vegetables, fruit, fish, grains, nuts, legumes and lean meat, and reducing the intake of saturated fats.



STEP 5 ENJOY SOCIAL ACTIVITY

Being socially engaged is good for our wellbeing and brain health. It not only helps to keep us connected with the world around us, but also stimulates our brain. To help look after your brain health it's important to be social with people whose company you enjoy and in ways that interest you. Research has found that social activities that involve mental activity and physical activity, such as dancing or table tennis for example, provide even greater benefit for brain health and reducing the risk of dementia.



WHAT ELSE? Being brain healthy also means looking after your mental health. See your health professional for advice on treatment of depression. It's also important to avoid serious head injury so make sure to protect your head.