

5 SIMPLE STEPS TO MAXIMISE YOUR BRAIN HEALTH



Are you taking steps to keep your brain healthy and reduce your risk of dementia?

To use this checklist, answer each question by ticking the 'Yes' or 'No' box.

STEP 1 LOOK AFTER YOUR HEART



- 1** I have had my blood pressure, cholesterol, blood sugar (glucose) and weight checked in the last 12 months and my doctor says they are within a healthy range (or are under control)

- 2** I am a non-smoker

STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY



- 3** I exercise regularly, at least 30 minutes of physical activity on most days

STEP 3 MENTALLY CHALLENGE YOUR BRAIN



- 4** I challenge my brain with activities that involve new learning or problem solving or complex thinking, on most days

STEP 4 FOLLOW A HEALTHY DIET



5 I eat fruit and vegetables every day

 Y N

6 I eat fish or seafood each week

 Y N

7 I limit the amount of fat I eat (such as take away, deep fried foods, pies, pastries and cakes) to once or twice per week

 Y N

8 I drink no more than two standard drinks per day

 Y N

STEP 5 ENJOY SOCIAL ACTIVITY



9 I get involved in social activities with friends, family and/or colleagues on most days

 Y N

WHAT NEXT?

Look at where you ticked 'No' and see what small changes you can make to keep your brain healthy and lower your risk of dementia.

Talk to your health professional about healthy lifestyle choices, or for more information about the **5 Simple Steps to Maximise your Brain Health** visit

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TAKE ON ALZHEIMER'S CHALLENGE AUSTRALIA

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