

BRAIN HEALTH CHECKLIST

It only takes 5 Simple Steps to Maximise Your Brain Health. What steps are you taking to keep your brain healthy and reduce your risk of dementia?

To use this checklist, answer each question by ticking the box

STEP 1 LOOK AFTER YOUR HEART

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)

I am a non-smoker

STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY

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

STEP 3 MENTALLY CHALLENGE YOUR BRAIN

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

STEP 4 FOLLOW A HEALTHY DIET

I eat fruit and vegetables every day

I eat fish or seafood each week

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

I drink no more than two standard drinks per day

STEP 5 ENJOY SOCIAL ACTIVITY

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



HOW DOES PHYSICAL ACTIVITY HELP YOUR BRAIN?

Physical activity is important to our overall health and the prevention and treatment of many health conditions such as diabetes, heart disease, stroke, some cancers and obesity.

Physical activity can improve our brain too.

The brain continues to grow new cells and connections between them throughout life. This is sometimes referred to as brain plasticity.

People doing regular moderate-intensity physical activity have increased brain volume in regions important for memory, learning, concentration and planning.

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 a registered exercise professional about your physical activity goals and tips and ideas for how to meet Australia's Physical Activity and Sedentary Behaviour Guidelines.

If you ticked 'No' under 'Step 1 Look After Your Heart' speak to your health professional. It's important to have regular health checks to stay healthy and keep these conditions under control.

For more information about the **5 Simple Steps to Maximise your Brain Health** visit

YOURBRAINMATTERS.ORG.AU

**TAKE ON ALZHEIMER'S
CHALLENGE AUSTRALIA**

 **Fitness Australia**
THE HEALTH & FITNESS INDUSTRY ASSOCIATION