

YOUR BRAIN MATTERS™

A GUIDE TO HEALTHY HEARTS & MINDS

Being brain healthy is important for everyone - at any age, whether you're young, old or in between. To live a brain healthy life, you need to look after your brain, your body AND your heart. They are all important.

These are the three key areas of Alzheimer's Australia's Your Brain Matters program to help you live a brain healthy life:

Keep your brain challenged and be socially active



Be fit and healthy by eating healthily and participating in regular physical activity



What's good for the heart is good for the brain. Manage your blood pressure, cholesterol, blood sugar, body weight and avoid smoking



Following the Your Brain Matters program is particularly important once you reach middle age, as this is when changes in the brain might start to occur. These changes can lead to memory and thinking problems.



KEEPING YOUR BRAIN ACTIVE MATTERS

Challenge your brain and thinking skills often and keep learning new things throughout life.

Participate in social activities and interact with others – it helps to exercise your brain cells and strengthen the connections between them!

BEING FIT AND HEALTHY MATTERS

Participate in regular physical activity. This helps to keep brain cells healthy and grow new ones.

Reduce saturated fats in your diet and eat fruit, vegetables, fish, and healthy fats in vegetable oils and nuts. Lower your intake of saturated fat in meat and dairy products to help keep your brain healthy.

If you drink alcohol, make sure you do so in moderation.

LOOKING AFTER YOUR HEART MATTERS

Have regular health checks and follow the advice of your health professional. Speak to them about keeping your blood pressure, cholesterol, blood sugar and weight at levels that are healthy for you.

To keep your brain healthy, smoking should be avoided. Speak to your health professional or call Quitline on 13 78 48 for help on how to quit.

MORE INFORMATION

Your Brain Matters is a program developed by Alzheimer's Australia, based on published research evidence.

Find out what else you can do to be brain healthy. Visit

YOURBRAINMATTERS.ORG.AU

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**

NATIONAL DEMENTIA HELPLINE 1800 100 500

BrainyApp™

If you would like a fun and interactive way of looking after your brain health, download BrainyApp for FREE on your smartphone or tablet. Visit **brainyapp.com.au** for more information.

Alzheimer's Australia's Your Brain Matters program is supported by funding from the Australian Government under the Chronic Disease Prevention and Service Improvement Fund.

© 2012 Alzheimer's Australia Inc. ABN 79 625 582 771