



# BRAIN HEALTHY HABITS

Lower your dementia risk by taking steps to protect your brain health.

## Overall Health

Taking care of your overall health helps keep your brain healthy. Check the boxes next to the steps you’re already taking as part of your regular, preventive health care.

- ☐ Have a primary care physician or a regular source of preventive care
- ☐ Know your family history of dementia, cardiovascular diseases and diabetes
- ☐ See your doctor yearly for screenings and preventive care
- ☐ Know your A1c/blood glucose number
- ☐ Know your blood pressure numbers
- ☐ Know your cholesterol numbers
- ☐ Get regular vision and hearing exams

## Daily Habits

Every day      Most days      Some days      Rarely

How often do you:

- Sleep 7-8 hours per night
- Exercise 30 minutes per day
- Wear a helmet and seatbelt
- Take time to relax and unwind
- Practice a hobby or skill




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## Nutrition

How much and how often do you consume these brain healthy foods?

	Recommendation	My Consumption
Whole grains	3 servings/day	
Vegetables	1 serving/day	
Green leafy vegetables	6 servings/week	
Nuts or seeds	5 servings/week	
Beans or legumes	4 servings/week	
Berries	2 servings/week	
Poultry	2 servings/week	
Fish	1 serving/week	

## Tobacco

Do you currently use tobacco products?

- ☐ Yes
- ☐ No
- ☐ Working on quitting

▶ How many of these brain healthy habits are you already practicing?

▶ Which do you want to start practicing in your everyday life?

▶ How can you make changes to protect your brain health?