

BRAIN HEALTH CHECKLIST AS YOU AGE

☐ Move

- Aim for regular aerobic activity most days of the week (even brisk walking counts).
- Add strength or balance training a couple of times a week.

☐ Monitor your numbers

- Manage blood pressure, cholesterol, and blood sugar — cardiovascular health and brain health are closely linked.
- Get hearing checked and treated if needed — untreated hearing loss is one of the most significant modifiable dementia risk factors identified in recent research.
- Schedule regular check-ups, and mention any memory concerns explicitly rather than assuming they'll come up.

☐ Protect your sleep

- Prioritize 7–9 hours of quality sleep; talk to a doctor about persistent snoring or suspected sleep apnea.

☐ Feed your brain

- Favor a Mediterranean- or MIND-style diet rich in vegetables, whole grains, and healthy fats.
- Limit smoking and excessive alcohol use.

☐ Stay connected and curious

- Maintain social relationships — isolation is linked to higher dementia risk.
- Keep learning: new skills, languages, instruments, or hobbies build cognitive reserve.

☐ Know your baseline

- If you're 50+, especially with a family history, talk to your doctor about a baseline cognitive assessment.
- Learn the 10 warning signs of Alzheimer's and don't wait to raise concerns.

Source: Adapted from the Alzheimer's Association's evidence-informed "brain health recipe" and from research on modifiable risk factors. None of these guarantee prevention — but each is linked to lower risk of cognitive decline.