

# Brain Health Checklist

Check off all activities and behaviors you currently practice



**NC** Registry for Brain Health



## EXERCISE

Walk each day about 20-25 minutes

### Step it up with your doctor's approval

Exercise moderately (e.g. brisk walking) for at least 150 minutes each week

Exercise vigorously (e.g. running or swimming) at least 75 minutes each week

Attend an exercise class regularly (in person or online)



## DIET

Eat green leafy vegetables 6 times weekly

Eat minimum two servings of berries weekly

Eat a serving of fish at least once weekly

Eat about 5 servings of nuts weekly

Eat about 2 servings of poultry weekly

Eat 3 servings of beans weekly

Eat a vegetable every day

Eat 3 servings of whole grains daily

Limit sugar and sugary drinks

Limit salt intake

Limit unhealthy fats; and/or use olive oil



## SLEEP

Sleep 6-8 hours each night

Wear your CPAP machine if ordered

Have a nightly routine to help you sleep well



## SOCIAL ENGAGEMENT

See or talk with friends or family regularly

Engage in something new and different each week OR attend group functions weekly

Attend a class; learn something new each month

Volunteer in your community



## PHYSICAL HEALTH

Check your blood pressure regularly and take prescribed medications if ordered

Pay attention to your hearing and vision; have them checked if you notice problems

Wear a hearing aid and/or glasses if ordered

Maintain good oral health

Take prescribed medications

Reduce stress (e.g. practice meditation or yoga, pray)

Manage chronic conditions by visiting your doctor (high blood pressure; diabetes)

Limit alcohol intake

Stop smoking

**Nice Job! Look at all the check marks.  
Are there areas where you  
could improve?**