

HEALTHY LIVING FOR YOUR BRAIN AND BODY

An education program presented by the Alzheimer's Association®

Use this worksheet to write notes about what you have learned, and any changes you'd like to try. Some tips for success:

- » Think about the support you need to make changes or overcome any obstacles. For example, find a friend who would like to join you in making changes.
- » Build on things you like or are already doing — it can make it easier to stick with a change.
- » Know that you don't have to make big changes overnight. Start small and be kind to yourself, and your healthy habits will start to add up.
- » Keep in mind that it's never too early or too late to build healthy habits. You've taken an important first step in attending today's program, so keep up the good work!

Zzz

Get quality sleep

Examples:

- » Aim for at least six hours of sleep per night
- » Adjust light, temperature and noise levels in your sleep environment
- » Put away screens before bedtime

One healthy habit I already have:

One change I can make now:

One change I'd like to make in three months:

One tip to help me be successful:

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Be smoke-free

Examples:

- » If you don't smoke now, don't start
- » Seek out quitlines or online resources
- » Talk to a health care professional

One healthy habit I already have:

One change I can make now:

One change I'd like to make in three months:

One tip to help me be successful:



Take care of your mental health

Examples:

- » Make time for something you enjoy
- » Try to build in breaks for yourself during the day
- » Pay attention to your stress level and symptoms of anxiety, depression or other mental health concerns

One healthy habit I already have:

One change I can make now:

One change I'd like to make in three months:

One tip to help me be successful:



Get moving

Examples:

- » Choose fun activities that get your heart rate up and break a sweat
- » Find things that might already be a part of your day — walk around your neighborhood, take the stairs more often or get off the bus a stop earlier

One healthy habit I already have:

One change I can make now:

One change I'd like to make in three months:

One tip to help me be successful:



Eat healthy

Examples:

- » Focus on what you can add in, such as more fruits and veggies, instead of what to take away
- » Build meals around vegetables, beans and whole grains
- » Use olive oil (or another healthy oil) instead of butter

One healthy habit I already have:

One change I can make now:

One change I'd like to make in three months:

One tip to help me be successful:



Challenge yourself

Examples:

- » Learn a new skill or hobby that challenges your brain
- » Take a class about a topic that interests you

One healthy habit I already have:

One change I can make now:

One change I'd like to make in three months:

One tip to help me be successful:



Stay connected

Examples:

- » Schedule phone calls or video chats with friends and family
- » Volunteer for a cause you care about in your community

One healthy habit I already have:

One change I can make now:

One change I'd like to make in three months:

One tip to help me be successful:
