



MY BRAIN HEALTH CHECKLIST



I STAY PHYSICALLY ACTIVE



When you exercise, your heart sends more blood to your brain which helps your brain to build new connections.

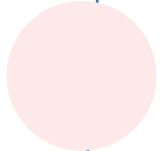
Are you physically active every day?



YES



NO



I STAY MENTALLY ACTIVE



Cognitive reserve is like having a piggy bank in your brain. Everytime you do something healthy you are filling the piggy bank with more cognitive reserve.

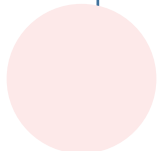
Are you mentally active every day?



YES



NO



SOCIAL ENGAGEMENT

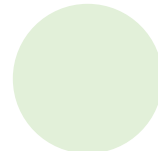


Connecting and interacting with social activities helps to build strong connections in your brain.

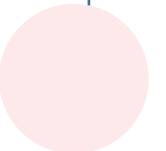
Are you socially connected? Do you have fun and chats with friends and family?



YES



NO



LIFESTYLE



What is good for your heart is also good for your brain. Eat a healthy and balanced diet for brain and heart health.

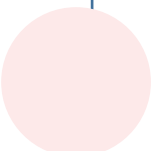
Do you eat a healthy balanced diet?



YES



NO



MINDING YOUR MIND



What is good for your mental wellbeing is also good for your brain. When you are mentally healthy, you can enjoy your life and the people in it.

Do you mind your mind?



YES



NO

