



Alzheimer's
Australia
Living with dementia

Mind your Mind to keep your brain healthy

We now have good evidence from research that shows adopting a 'brain healthy' lifestyle may reduce the risk of developing dementia. Alzheimer's Australia's **Mind your Mind**[®] program involves seven signposts to help keep your brain healthy and reduce your risk of developing dementia.

For more information on Alzheimer's Australia's **Mind your Mind** program contact us.

www.alzheimers.org.au

National Dementia Helpline 1800 100 500

An Australian Government initiative

There are a number of factors that increase your risk of developing dementia, including age and genes. Following the **Mind your Mind** signposts, can't guarantee that you won't get dementia, but it may help reduce your risk or delay the onset of dementia.

Mind your Mind[®] signposts



Mind your Brain

Challenge your brain every day with new things

- ◆ Play crosswords, number and word puzzles or board games
- ◆ Learn a language, a musical instrument or enrol in a course
- ◆ Experience new activities like going to plays, concerts, museums and galleries



Mind your Diet

Enjoy healthy eating by choosing:

- ◆ A wide variety of foods
- ◆ Vegetables, fruits, legumes (dried peas, beans, chickpeas and lentils), wholegrain breads and cereals
- ◆ Lean meats, chicken, fish and reduced-fat dairy products
- ◆ Oils such as olive, sunflower, safflower, soy, canola and flaxseed



Mind your Body

Be active every day in ways you find enjoyable

- ◆ Walk or cycle to work or around your neighbourhood
- ◆ Go dancing, jogging or swimming
- ◆ Join a gym, yoga, tai chi or pilates group
- ◆ Do some gardening
- ◆ Play sport socially or competitively



Mind your Health Checks

Know your blood pressure, blood cholesterol, blood sugar and weight

- ◆ These can all increase your risk of developing dementia if they are too high. Ask your doctor to check these and help you manage any problems.



Mind your Social Life

Participate in social activities, stay socially connected

- ◆ Catch up with family and friends
- ◆ Join a club or group
- ◆ Participate in community events or become a volunteer



Mind your Habits

Avoid 'bad habits'

- ◆ Don't smoke
- ◆ If you drink alcohol, drink in moderation



Mind your Head

Protect your head from serious injury

- ◆ Take care as a pedestrian and always wear a seatbelt
- ◆ Use protective headgear when riding, skating and playing sport