

4 STEPS TO A HEALTHY BRAIN



eat well

1

- Follow a MedDiet
- Eat leafy greens, fresh fruit and fish
- Eat legumes, nuts and seeds
- Review how much red meat and dairy is in your diet



be busy

2

- Learn a language or instrument
- Take a course
- Visit new places
- Meet with friends or join a club



keep active

3

- Choose an activity you enjoy
- Engage in moderate intensity exercise
- Enjoy yourself



rest well

4

- Get 6-8 hours good quality sleep a night
- Avoid screen time before bedtime
- No caffeine before bed

IT'S NEVER TOO LATE

The Australian Alzheimer's Research Foundation is a not-for-profit organisation supporting medical research into Alzheimer's disease.

Our vision is a world in which Alzheimer's disease no longer exists.

Our mission is to support research that makes Alzheimer's disease treatable and preventable.

Our objective is to increase understanding of the causes of this devastating disease, develop an early diagnosis, and identify treatments and interventions.

The Foundation conducts a number of Clinical Trials into Alzheimer's disease.

To participate in one of these trials please contact us on:

Phone: (08) 6457 0253
Email: info@alzheimers.com.au
Web: www.alzheimers.com.au

If you would like to donate go to www.alzheimers.com.au

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Alzheimer's is stealing memories from a growing number of Australians each year. There is no cure.

By 2050 it is expected that over one million Australians will be spending their golden years with Alzheimer's. To ensure this isn't your reality we continue to strive towards a significant medical breakthrough.

Studies show that an extended period of time exists between the brain beginning to develop Alzheimer's and the cognitive decline that leads to diagnosis.

While we work to make this devastating disease a distant memory, current research suggests you can make simple lifestyle choices that may reduce your risk for developing dementia.

It's never too late or too early to make positive changes to enjoy a healthy life, a healthy brain and a healthy future.



Fuel your brain

Following a healthy and balanced diet can have a beneficial effect on cognition. A Mediterranean diet (MedDiet) is one diet that may reduce your risk of cognitive issues. As well as being good for your brain, it is good for your body.

A MedDiet is easy to follow. Just add more leafy greens, fresh fruit, vegetables, fish, legumes, nuts, seeds, olive oils and wholegrains to your meals.

Red meat and dairy can be part of an overall balanced diet. But too much may have a negative impact on cognition. So be aware of how much is in your diet and consider reducing if necessary.



Keep your brain busy.

Just as you need to eat well for a healthy brain, you need to take care of your mental health too. Studies show that staying mentally active is important for your memory.

If you maintain an active social life and challenge your mental engagement on a regular basis you may reduce your chances of developing Alzheimer's disease. And it's fun!

Challenge your mind by learning a language or an instrument, or taking a course. Activate your brain by visiting a new place, participating in community events or playing games. Stay social by meeting with friends, volunteering or joining clubs or societies.



Be active for your brain

Regular physical activity can reduce your risk of developing Alzheimer's. Not only does keeping physically active maintain a healthy brain, but also decreases your risk of heart problems, stroke and diabetes.

Choose an activity that you enjoy and aim for 30 minutes of moderate exercise for five days each week to elevate your heart rate and increase your blood flow.

If you want to challenge yourself, and your doctor agrees, aim for 75 minutes of high intensity exercise per week.

Most important is that you are physically active doing something you enjoy. Don't push yourself too hard. Start small and work your way up.



Rest your brain

If you're fuelling your brain, keeping your brain busy and staying active, your brain will be ready for a rest.

A good quality minimum 6-8 hours of sleep is associated with lower risk factors for developing Alzheimer's. To improve the quality of your sleep try to avoid screen time and caffeine before bed, have regular sleep times and sleep in a comfortable temperature.

If you still have trouble sleeping you may have a condition such as sleep apnea or insomnia. See your doctor to discuss.