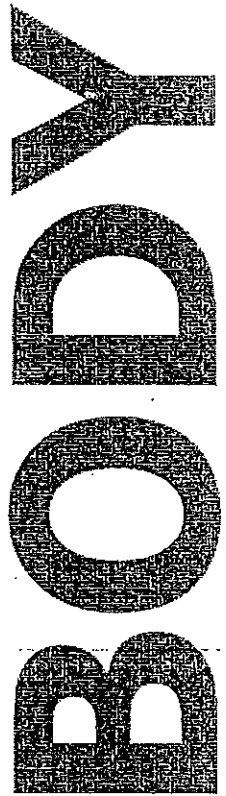


# Memory change or Dementia

Function independently and pursue normal activities, despite occasional memory lapses.	Forgetting how to do things you've done many times.
Recall and describe incidents of forgetfulness.	Unable to recall or describe specific incidents where memory loss caused problems.
May pause to remember directions, but does not get lost in familiar places.	Unable to follow directions, gets lost in familiar places.
Occasional difficulty finding the right word, but no trouble holding a conversation.	Words are frequently forgotten, misused or garbled, repeats stories in same conversation.
Judgment and decision-making ability the same as always.	Trouble making choices, may show poor judgment or behave in socially inappropriate ways.

# Heads

## Up Keeping Your Brain Fit



### BRONZE

I will...

- Walk briskly at least 10 minutes a day.  
*Ideas: Once a week take a longer walk or swim/bike.*
- Try to get at least eight hours of sleep each night.
- Eat more fruits and vegetables, and less meat and processed and fried food.
- Monitor my blood pressure and weight.
- Ensure I get enough B12 and folate.

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### SILVER

I will...

- Walk briskly at least 20 minutes a day.  
*Ideas: Twice a week take a longer walk, or take an aerobic exercise class.*
- Eat cold water oily fish (e.g. salmon, mackerel, sardines, herring) twice a week.
- Eat more whole grains, soy (i.e. tofu), and vegetables (preferably in a range of colours).
- Limit my sugar, salt, and alcohol intake.

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### GOLD

I will...

- Do brisk exercise 30 minutes daily.  
*Ideas: Exercise longer & more intensely three times a week.*
- Combine good exercise with socializing.  
*Ideas: Learn dance steps, play tennis or golf.*
- Stretch the body, mind and spirit with yoga, tai chi, or qi gong.
- Eat at least five servings daily of antioxidant rich fruits (i.e. prunes, blackberries, blueberries) and vegetables.

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# Heads

## Up Keeping Your Brain Fit

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### BRONZE

I will...

- Concentrate more mindfully on what I'm doing.
- Memorize three frequently-used phone numbers.
- Watch less TV.  
*Ideas: Read a book, do a crossword or sudoku, play a social game (i.e. cards).*
- Seek out new experiences.

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### SILVER

I will...

- Do some mental arithmetic every day.
- Memorize five items on a "to do" list.
- Read newspapers and stories and memorize key points.  
*Ideas: Retell the story to someone else.*
- Memorize a favourite recipe, team roster or sequence of trophy winners.

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### GOLD

I will...

- Learn a language or take an evening class.
- Memorize seven items on a "to do" list.
- Memorize a poem.  
*Ideas: Stimulate your brain with music, art, crafts, hobbies and ideas.*
- Try harder to remember names and faces, birthdays of friends, etc.

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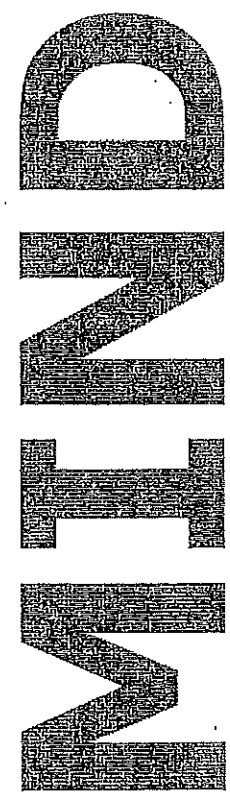
### *Additional Notes*

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# Heads

## Up Keeping Your Brain Fit

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### BRONZE

I will...

- Take steps to reduce stress in my life.
- Find ways to make my job more interesting, or change jobs.
- Seek challenges and activities that have meaning and purpose to me.
- Read spiritual writings and enjoy nature.
- Make time for prayer and/or meditation.

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### SILVER

I will...

- Meditate and/or pray at least once a week for 20 minutes.
- Read about or discuss spirituality on a regular basis.
- Maintain or develop a network of people who are supportive to me.
- Have a heart-to-heart conversation with a supportive friend regularly.

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### GOLD

I will...

- Meditate and/or pray daily for at least 20 minutes.
- Take time to consider my values and beliefs.
- Try to live in harmony with my values.
- Look for ways to support others in my community.  
*Ideas: Volunteer for a local organization.*

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*Additional Notes*

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HEADS UP