

MENTAL

Heads

Up Keeping Your Brain Fit

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.

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.

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.

Additional Notes

Heads

Up Keeping Your Brain Fit

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B

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.

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.

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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Up Keeping Your Brain Fit

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.

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.

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.

Additional Notes

SPIRIT

