LIVE YOUR BEST LIFE!

KNOW YOUR HEALTH NUMBERS

For more information, contact your health provider.

This flyer is supported by the California Department of Public Health Alzheimer’s Disease Program. Funding is provided by the 2019 California Budget Act one-time General Fund expenditure authority over three State Fiscal Years from 2019 to 2022.

HEALTHY BODY, HEALTHY MIND

Keep Moving

Maintain Social Interactions

Eat Fruit and Vegetables Daily

Expand Your Thinking
YOUR HEALTH IS UP TO YOU! MAKE IT FUN!

EATING HEALTHY IS EASY & COLORFUL!
- Try adding a new fruit or vegetable to your meals each month
- Pick foods of all different colors for your plate
- Olive and avocado oils are healthy fats to use instead of animal fats
- Have fresh fruit easily available for your family instead of candy and pastries
- Choose whole wheat and whole grains instead of white flour for breads
- Read package nutrition information and look for products with at least 5 grams of fiber
- Avoid fad diets that are hard to maintain and tend to promote weight gain after their use

HAVE FUN INCREASING YOUR ACTIVITY
- Pick one or two activities you really enjoy, and can do comfortably
- If you are getting started with activity, start slow and build up over a few weeks
- Try to get moderate exercise 30 minutes a day, three or four days a week
- Brisk walking, dancing, hiking can improve the health of your heart, lungs and circulatory system
- Make it a family activity! Get the kids out with you to improve their health as well.
- Gardening is a great strengthening activity for the whole family
- Try a new activity, like cycling, flying a kite with children, or exploring a new area of the community
- Be sure to stretch your muscles when you are done with your activity to keep muscles from aching

SOCIAL CONNECTION KEEPS YOU HAPPY
- Stay in touch with family and friends, even if it is on the telephone
- Plan and enjoy meals with friends and other families
- Your faith community can be an important social connection
- Take a class for social connection and testing your brain
- Find group activities you like, such as singing in a choir, joining a walking group or bowling league

TEST YOUR BRAIN
- Learn a new subject by reading or watching videos
- Sing songs from your childhood as well as new ones
- Try your hand at jigsaw puzzles or word games
- Tell your children and grandchildren stories about your life experiences
- Take a cooking class

KNOW YOUR HEALTH NUMBERS
- 0 smoking, vaping, or chewing tobacco
- 7 - 9 hours sleep nightly
- Know your blood pressure, weight, cholesterol, and blood sugar (A1c) and keep them in check
- 100% - Take all your medications as prescribed

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