

BRAIN HEALTH CHECKLIST

Small everyday choices support brain health and overall well-being; each check you make is a positive brain health behavior.



PHYSICAL ACTIVITY

- ☐ Walk about 20–25 minutes each day
- ☐ Increase activity gradually with your healthcare provider's approval
- ☐ Aim for 150 minutes of moderate activity each week (such as brisk walking)
- ☐ Or 75 minutes of vigorous activity weekly (running or swimming)
- ☐ Participate in a local or online exercise class



HEALTHY EATING

- ☐ Eat at least 5 servings of fruit & vegetables each day including green leafy vegetables most days of the week
- ☐ Choose berries or other colorful fruits at least twice each week
- ☐ Eat fish or other healthy protein at least once twice per week
- ☐ Eat beans, nuts, and whole grains regularly
- ☐ Limit sugar, salt, and unhealthy fats



HEALTHY SLEEP

- ☐ Aim for 6–8 hours of sleep each night
- ☐ Follow a consistent nighttime routine
- ☐ Use a CPAP machine if prescribed



STAY SOCIALLY CONNECTED

- ☐ Talk or spend time with family and friends regularly
- ☐ Attend community events or gatherings
- ☐ Learn something new or take a class
- ☐ Volunteer in your community



PHYSICAL HEALTH

- ☐ Check your blood pressure regularly
- ☐ Manage chronic conditions with your healthcare provider
- ☐ Use hearing aids or glasses if prescribed
- ☐ Maintain good oral health, brush your teeth twice a day.
- ☐ Reduce stress through relaxation, prayer, meditation, or yoga
- ☐ Limit alcohol and avoid smoking

Every step toward healthy habits helps support brain health across South Dakota.