

Your Future Brain Checklist

Small steps today can support a healthier brain tomorrow. Georgia Memory Net encourages Georgians to think about brain health before serious memory problems begin. Healthy habits today may reduce the risk of cognitive decline later in life. These small changes, repeated consistently, can make a difference.



Move Your Body

Regular movement supports overall health and brain health.

- Take a walk
- Stretch or garden
- Dance while cooking dinner
- Take the stairs
- Try a beginner exercise class



Feed Your Brain

Healthy eating supports your brain and your body.

- Eat more vegetables and fruits
- Choose whole grains
- Add beans, nuts, and lean proteins
- Limit processed foods
- Drink more water



Get Good Sleep

Sleep supports memory, mood, focus, and overall brain function.

- Keep a regular bedtime
- Limit screens before bed
- Cut back on late caffeine
- Keep your bedroom quiet, dark, and cool
- Talk with your doctor about ongoing sleep issues



Stay Connected

Social connection keeps your brain active and engaged.

- Call loved ones
- Join a group
- Volunteer in your community
- Attend community events
- Schedule routine meet-ups with friends



Keep Learning

Trying new things can challenge and engage your brain.

- Learn a new recipe
- Start a hobby
- Read about something new
- Take a class
- Practice a new skill, even if you're not good at it yet



Mind Your Overall Health

Your brain is connected to the rest of your body.

- Monitor blood pressure
- Manage diabetes
- Keep up with annual checkups
- Address hearing or vision concerns
- Quit smoking



Manage Stress

Stress affects both physical and mental well-being over time.

- Spend time outdoors
- Practice deep breathing
- Make time to rest
- Keep a journal
- Stay connected with supportive people



Pay Attention to Changes

Talk with your Primary Care Provider if memory changes affect daily life. Watch for:

- Frequently getting lost
- Trouble following conversations
- Difficulty managing familiar tasks
- Increased confusion
- Personality or mood changes

Don't ignore symptoms or try to self-diagnose. Early conversations matter.

Georgia Memory Net helps eligible Georgians access accurate diagnoses of Alzheimer's and related dementias. Learn more at GaMemoryNet.org.



Scan code
for referral
information.

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