

The 10-Minute Brain Break Plan

A SIMPLE WEEKLY MOVEMENT TRACKER

Your brain likes a body in motion. Movement does not have to mean going to the gym or starting a big fitness plan. Small, everyday movement can support your overall health, energy, mood, sleep, balance, and brain health. Try one 10-minute movement break each day.



Weekly Movement Challenge

Try 10 minutes of movement each day this week. Use one of our movement ideas listed to the right or make up your own.

Day	My 10-Minute Movement	Done
Monday	_____	☐
Tuesday	_____	☐
Wednesday	_____	☐
Thursday	_____	☐
Friday	_____	☐
Saturday	_____	☐
Sunday	_____	☐

Movement Ideas

- Walk around the block
- Stretch between meetings
- Dance to two songs
- Take the stairs
- Garden or do yardwork
- Walk the dog
- Park farther away
- Walk while talking on the phone
- Do light cleaning or active chores

Make It Easier

Pair movement with something you already do:

- After lunch, take a short walk.
- Between meetings, stretch.
- During TV commercials, march in place.
- When letting the dog out, go with them.
- While on a phone call, walk around the room.

Concerned about memory changes?

Movement can support brain health, but it is not a substitute for medical care. If you or someone you love is experiencing memory or thinking changes that interfere with daily life, talk with a primary care provider. Bring the Georgia Memory Net referral form to your appointment to help start the conversation.

Learn more at GaMemoryNet.org.



Scan code
for referral
information.

Reminders

- The goal is not perfection.
- The goal is motion.
- Ten minutes counts. A habit counts more.

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