

Dementia Prevention Checklist



- √ Drink green tea daily
- √ Walk 3 times per week, at least 30 minutes
- √ Get 20 minutes of sunshine per day
or take 4,000 IU of liquid Vitamin D
- √ Eat foods high in magnesium
- √ Practice a plant-based food lifestyle,
high in essential fatty acids
- √ Stir memories with photos, scents, music
- √ Sleep 8-10 hours per night
- √ Read or engage in other cognitive challenges
- √ Use your hands (bake, build, color & more!)