



## POINTER Lifestyle Checklist

A guide inspired by the U.S. POINTER Study to support brain health

### *Physical Activity*

**Goal:** Aim for 30-35 minutes of moderate aerobic activity 4x/week plus 2 sessions of strength/flexibility.

- Start with walking, cycling, or swimming; build up gradually.
- Add resistance bands or light weights; include balance and stretching.
- Use a buddy or tracker for accountability.

### *Cognitive & Social Engagement*

**Goal:** Schedule regular mental challenges and meaningful social activities each week.

- Try puzzles, learning a skill, book clubs, or classes.
- Volunteer, discuss current events, or play strategy games.
- Consider a brain-training app; track your practice.

### *Diet / Nutrition*

**Goal:** Follow a MIND-style pattern: leafy greens, berries, whole grains, nuts, beans, olive oil, and fish.

- Plan meals; limit added sugar, refined carbs, and highly processed foods.
- Choose olive oil for cooking and dressings; include beans and nuts.
- Make water your default; moderate alcohol, if any.

## *Health Monitoring*

**Goal:** Know your numbers and set goals with your clinician.

- Track blood pressure, lipids, glucose/A1c, weight/waist.
- Manage sleep, stress, and hearing/vision checks.
- Keep an updated medication list; move toward target ranges.

## *Structure & Accountability*

**Goal:** Build routines and supports that help habits stick.

- Use a calendar or habit tracker; schedule workouts and meals.
- Join a group or work with a coach for regular check-ins.
- Review progress every 4-8 weeks and adjust goals.

This checklist is for educational purposes only and is not a substitute for professional medical advice. Consult your healthcare provider before starting new health routines.