Evaluate your lifestyle. Consider the long-term implications of the lifestyle choices you make now.

- What are some health promoting activities that are central to who you are as a person?
- What motivates you?
- Which activities provide you with a sense of:
  - Connectedness
  - Productivity
  - Restoration
  - Pleasure

**INITIATING CHANGES THAT LAST**
- Choose activities that are enjoyable to you
- Take smaller steps so that these behaviors will be sustainable
- Make adaptations to your routine and environment (i.e., in-home activities, virtual connections)
- Partner-up with someone on your cherished activities
- Identify your support systems (i.e., people, internet, community centers that offer health programs, local parks)

**DELAYING THE RISK OF ALZHEIMER'S DISEASE (AD)**
- Genetics accounts for less of a risk than lifestyle factors
- Learning new information will build strong connections in the brain while eliminating weaker ones (Lisa Genova, 2020)
- Health-promoting lifestyle habits may slow the development of AD in the brain (Lisa Genova, 2020)
- Mental and emotional well-being can act as a protective factor for them (Snowdon, 2003)
### Evaluate Your Lifestyle

Rate your level of satisfaction in these lifestyle areas. Use a color for each category and shade in all areas of that row that lead up to your selected rating.

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<th>Rating (1=lowest, 10=highest)</th>
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### References