

PHYSICAL FITNESS QUESTIONNAIRE

AEROBIC CONDITIONING	RARELY		SOMETIMES		OFTEN
Getting winded from climbing two flights of stairs	1	2	3	4	5
Feeling fatigued or out of breath from taking a brisk walk	1	2	3	4	5
Choosing the elevator over the stairs	1	2	3	4	5
Preferring to drive a few blocks rather than walking	1	2	3	4	5
Making excuses to avoid physical exertion	1	2	3	4	5

TOTAL THE CIRCLED NUMBERS _____

STRENGTH TRAINING	RARELY		SOMETIMES		OFTEN
Difficulty lifting heavy objects	1	2	3	4	5
Concerned about shaking hands with someone who might have a firm grip	1	2	3	4	5
Unable to stand unsupported (e.g., waiting in line) for 15 minutes or longer	1	2	3	4	5
Difficulty opening a window or twisting open a jar top	1	2	3	4	5
Asking others to lift or carry things for you	1	2	3	4	5

TOTAL = _____

BALANCE AND STABILITY	RARELY		SOMETIMES		OFTEN
Losing balance while standing up or sitting down	1	2	3	4	5
Fear of tripping or falling while walking	1	2	3	4	5
Inability to stand on one leg for more than 5 seconds	1	2	3	4	5
Having to sit to put on loafers or slip on shoes	1	2	3	4	5
Feeling unsteady or needing to use a handrail when walking up or down stairs	1	2	3	4	5

TOTAL = _____

ADD THE TOTALS TOGETHER FOR
PHYSICAL FITNESS SCORE

If you score a total of 10 or less in any category, you are in pretty good physical shape, and your Alzheimer's prevention program will help you further improve your physical health. If you scored 15 or more in any one category, you should spend extra time on exercises to improve your fitness in that area. In addition, your overall score provides you with a measure of your general fitness. If your total score is 30 or less, you are in pretty good shape; but if your total score exceeds 35, improving your physical fitness is likely to have an impact on your brain fitness.

Optimizing physical health requires attention to medical issues, especially for middle-aged and older individuals who typically suffer from multiple medical ailments. Staying physically healthy can help prevent and manage chronic medical conditions such as diabetes and high blood pressure. People with arthritis sometimes need to adjust their fitness routines to accommodate physical limitations, so swimming may be a safer option than jogging.

Dietary Habits

In my research and clinical practice, I find that of all the lifestyle habits I recommend, people seem most resistant to changing their diet, yet that is one of the first areas where they notice the most compelling benefits. An Alzheimer's prevention diet not only involves settling at the correct weight for your body type, but also eating the right kinds of fats, proteins, and carbohydrates. To get a sense of how healthy your current eating habits are, circle the numbers on the next page that indicate your strengths and weaknesses: