With every heartbeat, 20% of the blood in the body is headed to the brain, where 20% or more of the oxygen in that blood is used by a healthy brain.

**Good Blood Flow + Good Oxygenation = 20/20 Brain Health**

**Be SMART...** ask your Physical Therapist about ways to improve your brain health!

**Monitor your blood pressure.** At least FIVE separate blood pressures measures are needed to determine accurate blood pressure control and effective medication dosing.¹


---

**Engage your patients in activities and discussions focused on 20/20 Brain Health:**

- Establish a **blood pressure** tracking record.
- Screen for orthostasis and hypertension.
- Test **aerobic fitness** with the 6-minute walk or pedal test.
- Take spirometry measures of functional lung capacity.
- Assess **posture**, especially ribcage expansion range.
- Teach self-assessment of **pulse** rate.
- Promote awareness of how alcohol, smoking and inadequate sleep affect the **health** of the brain.