

5 TIPS TO... **AGE PROOF YOUR BRAIN**

1. Challenge your brain

Play games such as crosswords, Sudoku, or chess. Take up a **new activity** such as painting. Learn a new language or musical instrument.



2. Eat a healthy diet

Eat a **well-balanced diet** including brain-boosting foods such as leafy greens, blueberries, oily fish and walnuts. **Don't skip meals** and **stay hydrated**.

3. Keep physically active

Movement improves brain function on a number of levels - Try to make time each day to "**find 30**", whether it's through **exercise** or an 'active' hobby such as gardening or dancing.



4. Stay connected

Social interaction is one of the keys to living a long and happy life. **Volunteer**, stay connected with family and friends, or join a new **social group**.

5. Manage stress + sleep well

Spend time each week to look after your **mental health**. Rest and **recharge** your brain with a healthy **bedtime routine** including 7-9 hours of sleep, daily.

