Keeping your brain healthy
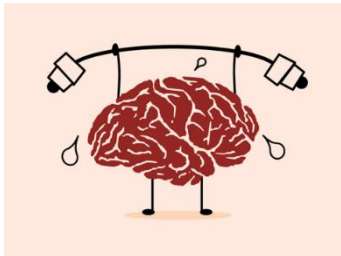
National Intellectual Disability Memory Service

Why is it important to
keep your brain healthy?

	There are many things you can do to keep your brain healthy as you get older.
	Your brain keeps making new connections when it's healthy. This is called Cognitive Reserve.
	Cognitive Reserve is like having a piggy bank in your brain. Every time you do something healthy you are filling the "piggy bank" with more Cognitive Reserve. This is good for your brain.

Tips for Keeping your Brain Healthy!

Keep moving!

Keep your heart healthy

Spend time with family and friends

Try something new

Get enough sleep

Tip 1: Keep moving!

	Exercise helps your brain to work well. When you exercise, your heart sends more blood to your brain which helps your brain to build new connections.
	Be active every day. Try to exercise for about 30 minutes per day.
	Sit less Stand more Move more every day

	Spend less time watching TV. Spend more time moving out and about in your community.
	Do an exercise that you enjoy. It might be dancing, walking, swimming or bowling!
	Do some balancing exercises like yoga or pilates or tai chi.

Tip 2: Keep Your heart healthy

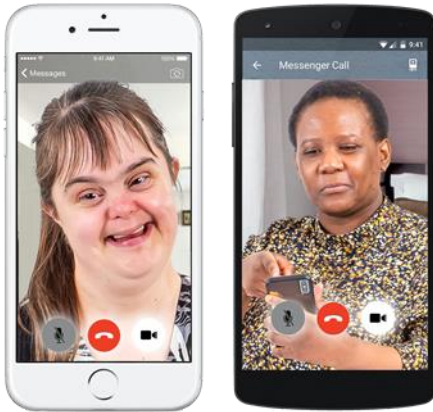|	
	Stay active to keep your heart healthy.
	Get your blood pressure checked to see how well your heart is pumping blood around your body.
	Eat healthy foods to feed your heart and brain.
	Check your weight and get help to lose weight if you need to.

Tip 3: Spend time with family and friends

	Have fun and chats with friends out in your community.
	Talk to your family about important things happening in your life.
	Get active with friends and family!

Tip 4: Try something new

	Learn new things. Learn a musical instrument. Learn how to cook. Learn how to use a computer.
	Doing puzzles and crosswords keeps our brain active and healthy.
	Learning together keeps our brains healthy!

Tip 5: Get enough sleep

	Go out for a walk in the fresh air every day.
	Go to bed at the same time every night.
	Avoid tea or coffee before bedtime as it may keep you awake.
	Avoid electronic devices before bedtime
	Make sure your bedroom is dark and quiet to help you sleep
	Sleep well and get enough sleep

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