

Why is it important to keep your brain healthy?

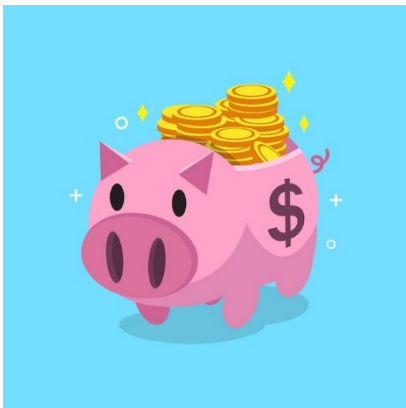


There is a lot you can do to keep your brain healthy as you get older.



When you keep your brain healthy, it makes new connections.

We call this the 'Cognitive Reserve'.








The Cognitive Reserve is like a piggy bank.

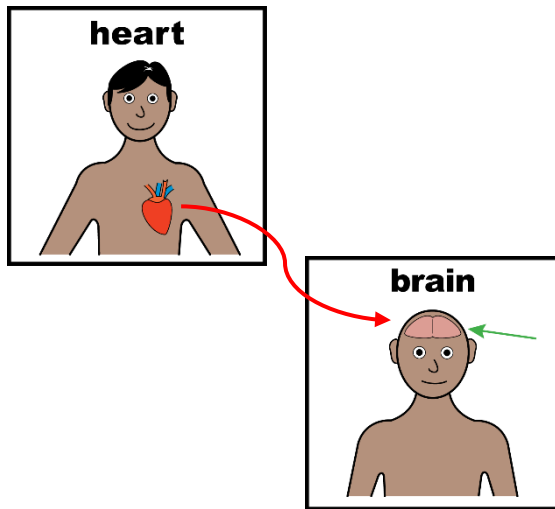
The more you do healthy things, the more you fill it up with extra Cognitive Reserve.

Good for the brain!

My Brain Health Plan

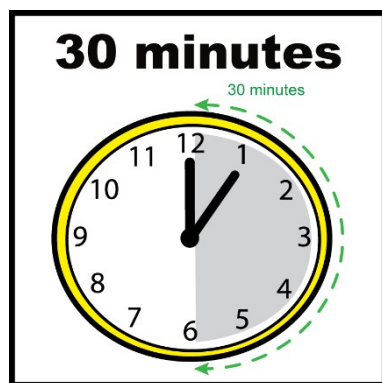
 <p>istock.com - 58215677</p>	<p>Tip 1: Keep moving</p>
	<p>Tip 2: Keep your heart healthy</p>
	<p>Tip 3: Spend time with family and friends</p>
	<p>Tip 4: Try something new</p>
	<p>Tip 5: Get enough sleep</p>

Tip 1: Keep Moving

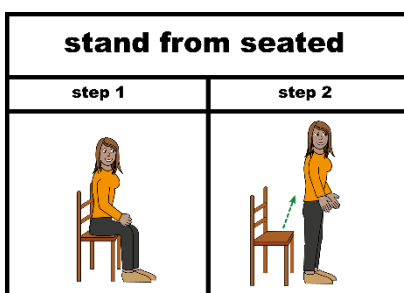


Exercise helps your brain to work well.

When you exercise, your heart sends more blood to your brain which helps your brain stay healthy.

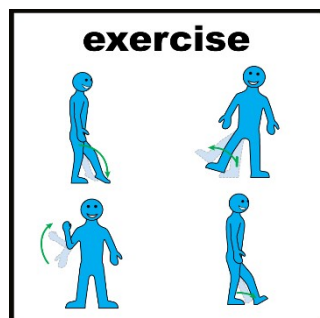


Try to be active for about 30 minutes every day



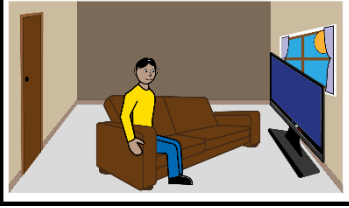
Sit less

Stand more



Move around every day

watch TV



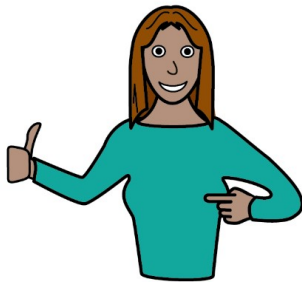
Try to watch less TV.

going out



Try to go out in the community more.

I like



Do an exercise that you like.

It might be walking, swimming, dancing, bowling or whatever you like.

yoga



Do some balancing exercises like yoga.

Tip 2: Keep your Heart Healthy

 <p>exercise</p>	<p>Stay active to keep your heart healthy.</p> <p>30 minutes of walking a day is recommended.</p>
 <p>blood pressure</p>	<p>Get your blood pressure checked to make sure your heart is always pumping blood around your body.</p>
 <p>healthy eating</p>	<p>Eat healthy foods to feed your heart and brain.</p>
 <p>drinks</p>	<p>Make sure you drink enough.</p> <p>You should try to drink 8 cups a day.</p>
 <p>smoking and drinking</p>	<p>Avoid drinking alcohol and smoking if you can.</p>
 <p>weight</p>	<p>Check your weight. Talk to your carers or GP about how to lose weight if you need to.</p>

Tip 3: Spend time with Friends and family



Go for walks or activities with your friends and family.



Have some fun chatting away with your friends and family out in the community!




Talk to your family about important things going on in your life.

Tip 4: Try Something New

<p>computer</p>  <p>musical instruments</p> 	<p>cooking</p> 	<p>Learn new things.</p> <p>Learn a musical instrument.</p> <p>Learn how to cook.</p> <p>Learn how to use a computer.</p>																																																															
<p>Jigsaw Puzzles</p>  <p>Summer Word Search</p> <table border="1" data-bbox="533 1227 707 1402"> <tr><td>S</td><td>J</td><td>C</td><td>A</td><td>M</td><td>P</td><td>M</td><td>C</td></tr> <tr><td>W</td><td>G</td><td>L</td><td>A</td><td>M</td><td>C</td><td>H</td><td>M</td></tr> <tr><td>I</td><td>J</td><td>M</td><td>P</td><td>Y</td><td>Y</td><td>Z</td><td></td></tr> <tr><td>M</td><td>V</td><td>K</td><td>B</td><td>E</td><td>A</td><td>C</td><td>H</td></tr> <tr><td>S</td><td>U</td><td>M</td><td>M</td><td>E</td><td>R</td><td>M</td><td>S</td></tr> <tr><td>M</td><td>H</td><td>O</td><td>T</td><td>E</td><td>B</td><td>H</td><td>U</td></tr> <tr><td>K</td><td>O</td><td>I</td><td>G</td><td>U</td><td>F</td><td>U</td><td>N</td></tr> <tr><td>W</td><td>A</td><td>T</td><td>E</td><td>R</td><td>O</td><td>Q</td><td>E</td></tr> </table> <p>BEACH CAMP FUN HOT</p> <p>SUMMER SUN SWIM WATER</p> 	S	J	C	A	M	P	M	C	W	G	L	A	M	C	H	M	I	J	M	P	Y	Y	Z		M	V	K	B	E	A	C	H	S	U	M	M	E	R	M	S	M	H	O	T	E	B	H	U	K	O	I	G	U	F	U	N	W	A	T	E	R	O	Q	E	<p>Doing puzzles, wordsearches and games helps your brain stay healthy.</p>
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<p>group</p> 	<p>Learning together keeps your brain healthy!</p>																																																																

Tip 5: Get Enough Sleep

	<p>Go to bed at the same time every night.</p>
	<p>Make sure your bedroom is quiet to help you sleep.</p>
	<p>Make sure your bedroom is dark and cool.</p>
	<p>Don't drink tea or coffee in the evenings as they may keep you awake.</p>
	<p>Go for a walk for fresh air everyday.</p>
	<p>Have a bedtime routine that you start at the same time each day. For example, at 10pm:</p> <ol style="list-style-type: none">1) have a bath2) put on your pyjamas3) brush your teeth

Some things might make it more difficult for you to sleep.

We have provided you a list of things that you should try to avoid before bed.



You should try to avoid drinks with caffeine in them.



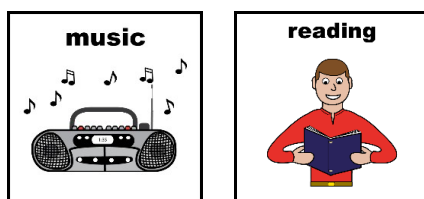
Try decaffeinated instead.



You should try to avoid alcohol right before bed.



Things like iPads and phones can make it difficult to sleep because they make you feel less tired.



Try reading or listening to quiet music instead.

This resource was created by Mary McCarron and Dr Karen Dodd.