

Top Tips for BRAIN HEALTH

Only 30% of physical aging is written in our genes – the rest is up to us! Take charge of your brain health by following these tips.



Exercise regularly. Choose what you love so you're more likely to keep doing it.



Get good sleep. Shut-eye is your brain's best friend.



Feed your brain with fruits, veggies, lean proteins, whole grains, nuts, seeds, healthy fats & water.



Manage your stress. Getting away from screens & out into nature can calm your brain.



Stay social. Interacting with others is brilliant for your brain.



Get treatment for any health issues, including hearing loss & gum disease.



Mind your numbers: weight, cholesterol, blood glucose & blood pressure.



Stay curious & challenge yourself to learn something new. Your brain will love you for it!

Some steps I will take to improve my brain health:

Why not share your thoughts with loved ones?

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