

Tips to Improve Brain Health

Get moving - exercise increases blood flow to the brain



People who regularly exercise may be up to 20% less likely to develop dementia than those who don't.

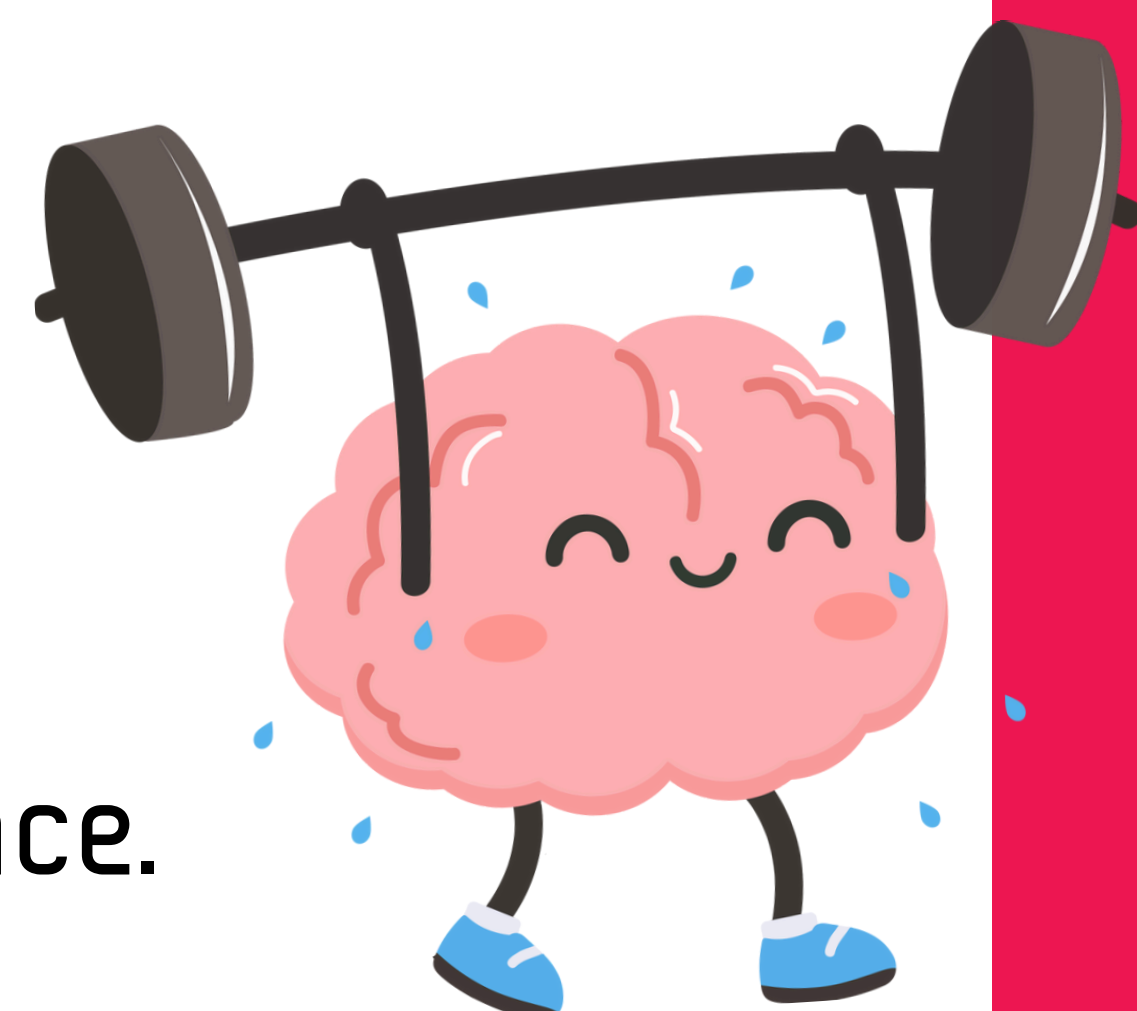
Eat a healthy, balanced diet

Eating brain healthy foods such as fish, nuts, poultry and wholegrains can decrease your chance of developing dementia.



Challenge your mind - learn a new skill

Taking up a hobby, learning a language, or playing a musical instrument can boost your cognitive resilience.



Take action with vision & hearing loss

The brain regions that process sight and sound become less active when sensory input decreases.



Stay socially connected - spend time with friends & family

Research has linked social isolation to a higher risk of dementia.



Make sure you get enough sleep

Establishing a good sleep routine allows your brain to clear toxins and recharge. Aim for 7 to 9 hours of sleep per night.



Quit smoking

Smoking increases your risk of dementia, particularly Alzheimer's disease and vascular dementia.



Drink less alcohol

Regularly exceeding 14 units of alcohol a week will increase your risk of dementia.

