



National  
Intellectual Disability  
Memory Service



**Keeping your brain healthy**

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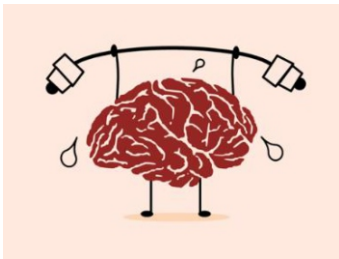
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# Why is it important to keep your brain healthy?



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.

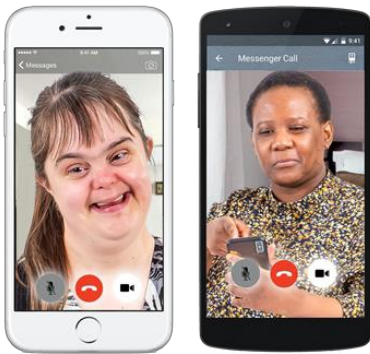


Check your weight and get help to lose weight if you need to.

# 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.




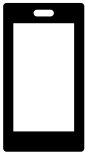
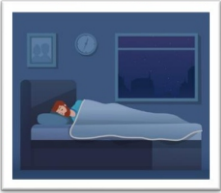



Doing puzzles and crosswords  
keeps our brain  
active and healthy.



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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