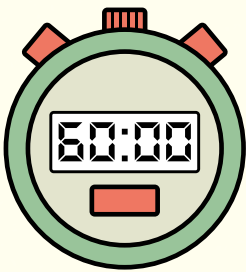


Five Steps to a Healthy Brain



Challenge your brain

Being smart is more than facts and knowledge, it's being resourceful and insightful and challenging your brain in different ways. Don't get stuck in a brain rut, learn something new, you might discover a talent you never thought you had.



Exercise

Exercise helps to form connections between brain cells and it also helps us to destress. You don't have to join a gym or become a marathon runner, 30 minutes of cardiovascular exercise five days a week will keep your brain healthy and happy and you'll also feel great.



Eat a healthy diet

A healthy diet is really important for a healthy and happy brain. Fruit, vegetables and fish are all great healthy options.



Take care of your heart

What is good for your heart is also good for your brain. On your next visit to your GP get your blood pressure, cholesterol and blood sugar levels checked. Maintain a healthy weight, know your BMI and if you smoke, try and give up.



Stay socially connected

Connecting and interacting with people helps to grow new connections in your brain. Meet friends and family for a cup of coffee or other activities you enjoy doing together.