

Road map to a healthy brain

manage stress

High levels of chronic stress are not only bad for blood pressure, cholesterol, and other physical ailments, it also wears away at brain fitness and overall memory performance. We can't entirely eliminate stress from our lives, but we can **minimise and manage it to improve brain health and memory ability.**



balanced diet

Our brains need a **well-balanced, low cholesterol, low-saturated fat diet.**

Studies have shown that **foods rich in Omega-3** are good for the brain so include fish in your diet.

Enjoy caffeine and alcohol in moderation and as a general rule, good nutrition for the body is good nutrition for the brain.



adequate sleep

Sleep recharges the brain and allows the body to rest and heal. While we sleep our brain consolidates memories. Inadequate sleep affects the way our brain cells function and can raise the risk of stroke and depression.

Between 7 and 9 hours a night is ideal.



stay socially connected

Maintaining friends and social networks can help keep our brains healthy as we age.

Living life to the fullest and having fun is an easy prescription to follow!



exercise the body

Physical exercise has a protective effect on the brain and its mental processes, and may even help prevent dementia. Regular exercise promotes cardiovascular health, boosts levels of brain-protective chemicals and reduces stress. Aim for

at least 30 minutes of exercise each day.



mental work out

Use it or lose it!

Keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. You could even generate new brain cells. **Stay curious and involved** to keep those brain cells working.



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To learn more about brain research, brain disorders and brain health, go to www.neurological.org.nz