

# Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

## Your Brain and Good Health MAKE THE CONNECTION...

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The brain is one of your most vital organs, playing a role in every action and every thought, and just like the rest of your body it needs to be looked after.

It's never too soon, or too late to make changes that will maintain or improve your brain health, changes that may also help reduce your risk of developing Alzheimer's disease or another type of dementia.

4 Things that everyone can do, regardless of age, to maintain or improve brain health

1. Choose a Healthy Lifestyle
2. Be Socially Active
3. Protect Your Head
4. Challenge Your Brain

In choosing a healthy life style you should; make healthy food choices, be active, track your numbers (blood pressure, cholesterol), reduce stress and see your doctor regularly.

Social isolation increases the risk of dementia. Go out!! Get involved!! Enjoy events with family and friends. Stay active in your workplace or become a volunteer. Join a club or hobby group or take a class. These are just a few ideas to stay social.

Protect your head!! Wear an approved helmet when engaging in sporting activities. Always protect yourself against concussions by safety features like handrails, someone's arm and mobility devices to avoid falls. When in a car always wear your seatbelt.



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And last....

Challenge your brain every day. We are always told to exercise daily, well start adding 20 minutes a day to exercise your brain. Play games to challenge your mind, pursue a new interest or learn something new. Engage in activities such as chess, cards, word puzzles, jigsaws, crosswords and memory games

Here is a brain teaser for you to try;

Look at the chart and say the COLOR not the WORD

<b>YELLOW</b>	<b>BLUE</b>	<b>ORANGE</b>
<b>BLACK</b>	<b>RED</b>	<b>GREEN</b>
<b>PURPLE</b>	<b>YELLOW</b>	<b>RED</b>
<b>ORANGE</b>	<b>GREEN</b>	<b>BLACK</b>
<b>BLUE</b>	<b>RED</b>	<b>PURPLE</b>
<b>GREEN</b>	<b>BLUE</b>	<b>ORANGE</b>

## Left – Right Conflict

**Your right brain tries to say the colour but  
your left brain insists on reading the word.**



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