



SUPPORTING BRAIN HEALTH

An important part of living a healthy lifestyle and maintaining physical health as you age is supporting cognitive health.

Just like you exercise and keep active to maintain physical health, exercising the brain is important in maintaining cognitive health.

Maintaining a balanced diet, physical activity, social interaction, learning new skills and brain games/activities are all great ways to promote brain health!



Brain Games/Activities Include:

- Word games and puzzles (Scrabble, crosswords)
- Trivia games (Trivial Pursuit)
- Card Games (Bridge, Gin, Poker)
- Simple math games (Yhatzee, Dominoes, Monopoly)
- Video games (Nintendo Wii for Seniors)
- Computer brain games
- Chess
- Backgammon
- Bingo
- Jigsaw puzzles
- Sudoku

Other Activities That Promote Brain Health Include:

- Reading and retelling stories
- Brushing up on a language by watching foreign films
- Beading, quilting, sewing, knitting, painting
- Learning a musical instrument
- Listening to podcasts
- Writing
- Research
- Watching films

Challenge:

Select a brain-healthy activity from one of the lists above for you to practice. If you already do something from this list on a regular basis, select something new and build a new healthy habit.