A HEALTHY BRAIN MAKES FOR A HEALTHY YOU!

As we age, we may notice some changes in our memory. Here are a few things you can do to help keep your brain in tip-top shape and reduce your risk of developing dementia.

1 Stimulate Your Brain

Challenging your brain has proven to improve overall brain health. You can do this by giving your brain a regular workout

- Play games that challenge your mind, jigsaw puzzles, crosswords, etc.
- Participate in hobbies e.g. Reading, painting, playing an instrument, etc.
- Pursue a new interest, learn something new!

2 Lead A Healthy Lifestyle

Maintaining a healthy lifestyle is just as important for brain health as it is for the rest of the body. Chronic illnesses like diabetes, high blood pressure and obesity are all risk factors for developing memory problems. So, what can you do?

- Be physically active: Start small and work up to 150 minutes per week of moderate/vigorous exercise and do muscle strengthening exercise (using light weights or resistance bands) twice a week.
- Eat a healthy diet: follow Canada's Food Guide which suggests:
  - Regularly eating vegetables, fruit, whole grains and protein foods (including choosing plant-based proteins more often).
  - Choosing foods with unsaturated fats over saturated fats.
  - Making water your beverage of choice.
- Maintain regular health check-ups with your health care providers which includes vision and hearing checks.
- Take care of your mental health: Learn strategies to reduce your stress, lean on your support network, and seek counselling if needed.
- Avoid/limit the use of alcohol, cannabis, tobacco or drugs.

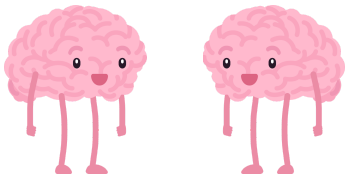
SOUTH GEORGIAN BAY ONTARIO HEALTH TEAM

705-444-5885

186 Erie Street Suite 100 Collingwood, ON L9Y 4T3

Georgian Bay FAMILY HEALTH TEAM

3 Socialize



Staying social allows you to stay mentally connected as well as avoiding feeling lonely.

- Keep in regular touch with your family and friends. It works best in person but over the phone or computer works well too!
- Attend events or consider volunteering.
- Sign up to receive friendly phone calls or visits through community organizations.

4 Reduce Risk of Falls and Protect Your Head

Reducing your risk of falling helps to protect you from experiencing a brain injury or broken bone!

- Minimize your risk of falls by eating well to maintain healthy bones, reviewing your surroundings , removing items that are tripping hazards, holding stair railings and hand bars in bathrooms and using a cane or walker and access ramps if needed.
- Use accessible parking spots if you have a parking pass.
- Protect Your Head – wear a helmet if doing activities where you might fall such as biking or skiing.

5 Additional Resources

Alzheimer Society – Brain Healthy Tips To Reduce Your Risk of Dementia
https://alzheimer.ca/en/about-dementia/how-can-i-reduce-risk-dementia/brain-healthy-tips-reduce-your-risk-dementia

Foundation of Health – Thrive Learning Centre – Canada
https://fountainofhealth.ca/en/individuals

Canadian Centre on Substance Use and Addiction – Drinking Less Is Better
https://www.ccsa.ca/sites/default/files/2023-05/CGAH-Drinking-Less-is-Better-en.pdf

Government of Canada – Canada's Food Guide – Healthy Eating for Seniors
https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/

South Georgian Bay Ontario Health Team – Connecting Older Adults to Local Social Activities and Resources
https://southgeorgianbayoht.ca/connecting-older-adults/

SOUTH GEORGIAN BAY ONTARIO HEALTH TEAM

705-444-5885

186 Erie Street Suite 100 Collingwood, ON L9Y 4T3

Georgian Bay FAMILY HEALTH TEAM