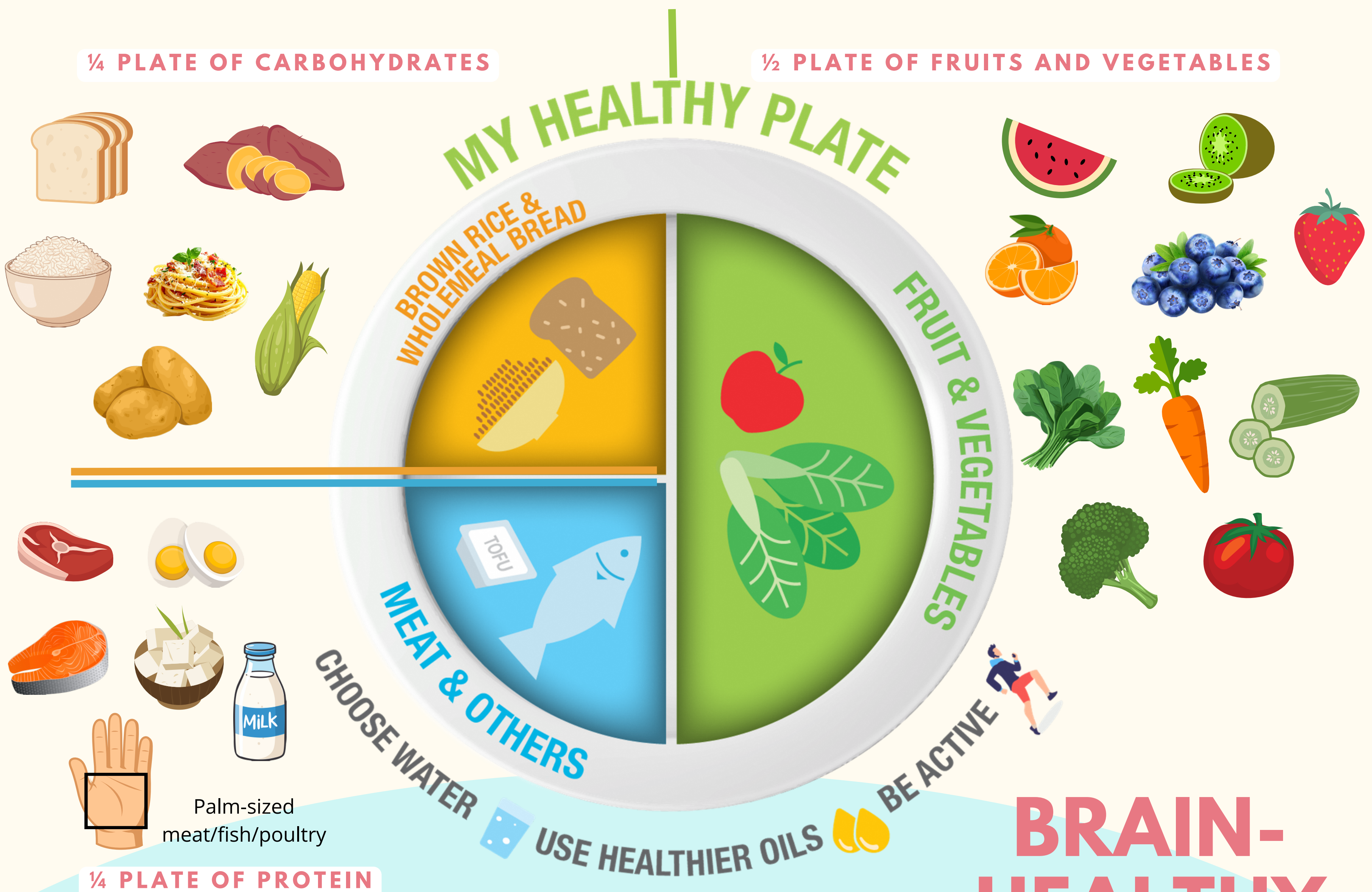


HEALTHY EATING

Eat Right

You are what you eat. Your long-term diet can affect your brain.
Fuel your brain with the nutrients it needs to thrive.



BRAIN-HEALTHY FOOD

Omega-3 Fatty Acids are good for your brain and can be found in:

- Salmon, sardines, tuna
- Walnuts
- Canola oil
- Chia seeds



Eat **whole foods** higher in antioxidants, healthy fats and complex carbohydrates like:

- Berries e.g. blueberries
- Dark chocolate
- Olive oil
- Nuts
- Green tea
- Whole grain products e.g. whole grain bread



**CHOOSE SMART.
EAT WELL.
LOVE YOUR BRAIN.**

PHYSICAL WELL-BEING

Movement Matters

Are you exercising enough? Move your body not only to maintain strength, balance and independence, but also to keep your brain alert and healthy.

SINGAPORE PHYSICAL ACTIVITY GUIDELINES FOR OLDER ADULTS

- Muscle-strengthening activities ≥ 2 days per week
- 150-300 min of moderate intensity aerobic activity per week
- Any kind of physical activity counts!

WHAT DOES THIS LOOK LIKE?

- Wear comfortable gear and stay hydrated
- Beginners can start slowly by aiming for at least 30 min of movement each day
- Try brisk walking, jogging, leisure dancing for moderate intensity aerobic activity
(Moderate = able to talk in phrases or short sentences but not sing)
- Explore Gym Tonic for strength training, or consider Tai Chi or Pilates as alternatives
- For variety, try racquet sports e.g. pickleball, hiking, or cycling
- Avoid exercising when unwell. If you have existing health conditions, consult your doctor first.



**START NOW.
MOVE WELL.
LOVE YOUR BRAIN.**

MENTAL WELL-BEING

Cognitive Engagement

You lose what you do not use. Keep your mind active and engaged in activities, hobbies and challenges that matter to you.

Low mood can take hold as one transitions through mid-life; take care to find joy.

TICKLE YOUR BRAIN

- Puzzles
- Sudoku
- Chess
- Learn a new skill

FIND YOUR KAKIS AND STAY WELL TOGETHER

- Take part in regular Mahjong or Rummikub games
- Organise book clubs
- Join arts and crafts courses e.g. pottery and knitting
- Start a project together e.g. building a garden
- Check out activities at your nearest Active Ageing Centre



**STAY CURIOUS.
FIND JOY.
CHALLENGE YOUR MIND.**

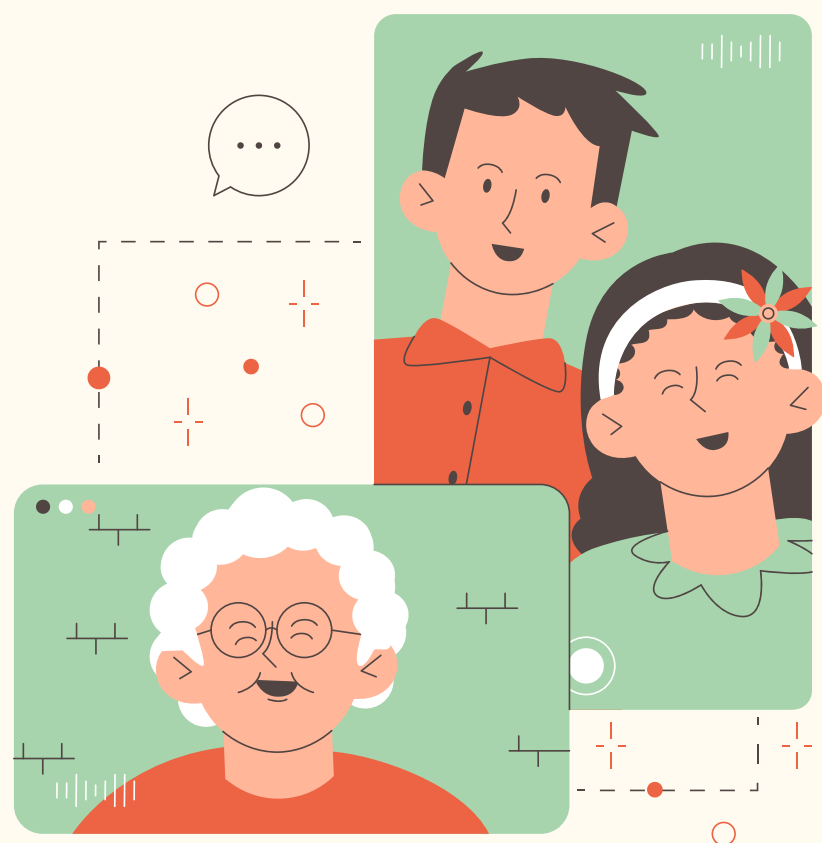


SOCIAL WELL-BEING

Stay Connected

Social activities stimulate conversation, memory, attention and thinking. They can also reduce loneliness and support emotional well-being.

SIMPLE WAYS TO STAY CONNECTED



Meet or call family and friends regularly

Join group exercise, dancing or walking



Attend community activities or interest groups

Play mahjong, cards, board games or puzzles with others

Learn something new with a friend



Volunteer in your community

Share meals, stories and experiences



**TAKE THE FIRST STEP!
WHO WILL YOU CONNECT WITH TODAY?**

STAY CONNECTED. STAY ENGAGED. KEEP YOUR BRAIN ACTIVE.

CARE FOR YOUR HEALTH

Protect Your Brain

Conditions such as high blood pressure, diabetes and high cholesterol can impair the blood supply to your brain. They may develop without obvious symptoms, hence regular health checks are important.

GET REGULAR HEALTH SCREENINGS



Take your
medicines as
prescribed

Attend
regular
health
reviews

Manage
chronic
diseases

HOW TO CARE FOR YOUR HEALTH

Ensure
sufficient
regular
sleep

Maintain
a healthy
weight

Avoid
excessive
alcohol and
smoking

SMALL ACTIONS MAKE A DIFFERENCE!

Speak to your doctor about your cardiovascular risk and how often you should be screened.

**CHECK HEALTH REGULARLY.
HEALTHY HEART, HEALTHY BRAIN.**