



MY HEALTHY BRAIN

Keeping our brains fit and healthy is central to our growth and development.

What can we do to keep our brains healthy?



- **Eat well** - healthy food provides nutrients to help the brain work at its best. Good foods to eat include fish, fruits, and fresh vegetables.
- **Exercise** - when we exercise our bodies, we increase circulation and blood flow, providing more oxygen to our brain cells!
- **Rest** - when we sleep, scientists believe that our brains process and organise the events and experiences that we have had during the day.
- **Think** - thinking exercises our brain. Good things to do include puzzles, art, making music, and reading. Doing these things make connections that strengthen our brains and help them to work better.
- **Take care** - to protect our brains. Wear a helmet when doing activities where we might fall or hit our heads (cycling or horse riding, for example), and *always* use a seatbelt in a car.
Don't use alcohol or drugs, which can damage the brain.
- **Socialise**, and enjoy being with other people.



References

National Institute of Neurological Disorders and Stroke, US National Institute of Health, April 28, 2014. Retrieved from: http://www.ninds.nih.gov/disorders/brain_basics/know_your_brain.htm 8 December 2014

KidsHealth.org, USA, January 2013, Retrieved from: <http://kidshealth.org/kid/htbw/brain.html#> 8 December 2014

Womens and Childrens Health Network 'The Brain', Government of South Australia, 14 November 2014. Retrieved from: <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=1528> 9 December 2004

Stanford University Virtual Labs 2007. Retrieved from: <http://virtuallabs.stanford.edu/tech/images/ReactionTime.SU-Tech.pdf> 20 March 2015

Alzheimer's Australia, 2014. Retrieved from: <http://www.yourbrainmatters.org.au/> 2 April 2015

Neurological Foundation of New Zealand, 'My Amazing Brain' author: Sue Giddens

With support from  *JSB Education*

LET NZ 2 April 2015

