



# TRAIN YOUR BRAIN

We've made a list of a few brain-friendly foods and exercises that will help keep your mental strength at maximum capacity.





# BRAINPOWER BITES



## 1. GREEN LEAFY VEGETABLES

Foods like kale, spinach and broccoli are rich in brain-friendly nutrients such as vitamin K and folate.

## 2. FISH

Essential for good brain health, omega-3 fatty acids found in most seafood and fatty fish such as pilchards and tuna may help improve memory.



## 3. BERRIES

Berries – especially dark ones such as blackberries and blueberries, as well as cherries – are a source of anthocyanins and other flavonoids that may support memory function.

## 4. WALNUTS

Well known for their positive impact on heart health, walnuts also may improve cognitive function - add them to your morning oats or a salad for a delicious crunch.





# MENTAL EXERCISES

## 1. MEDITATION

Meditation can benefit the brain by slowing brain ageing and increasing the brain's ability to process information.

## 2. MEMORY CARDS

Memory card games test and improve short-term memory, as well as the ability to remember patterns.

## 3. SUDOKU

Number puzzles such as Sudoku can help improve cognitive functions in some people.

## 4. CHESS

Regularly playing chess can improve memory and increase the speed at which we process information.

