How to live a long and healthy life? Good brain health matters

Risk factors for poor brain health

Keep mentally active, be curious; practise a new and challenging activity that you enjoy new things

Go for regular health check-ups: ask your GP to check your blood pressure, cholesterol and blood sugar levels regularly

Make sure you can hear well: book a hearing test, wear hearing aids if needed

Get a good night sleep: a few simple changes can help improve sleep quality; e.g., make time to unwind and limit screen time before bed; don’t eat too close to bed; try to go to bed at a consistent time

Engage with people: keep strong social ties with family and friends, meet new people, help your community

Tips to keep a healthy brain

Keep active: exercise often and regularly, limit time spent sitting

Eat a healthy and balanced diet: prioritise fruits, vegs, nuts, beans and fish; limit sugar intake and processed food

Look after your mental health: learn how to manage worries and anxiety; e.g., by practicing mindfulness

Talk to your GP if you have any concerns about your physical or mental health