

Want to know how to
keep your brain healthy?
Keep #SPORTinMind

B Brain Health
Scotland

Hosted & supported by
Alzheimer Scotland

SOCIALISE
PROTECT
OPTIMISE
REST
TRAIN

Find out more



Your brain is amazing.
Let's keep it that way.
brainhealth.scot/sportinmind

A photograph of three people sitting on a wooden bench on a golf course, viewed from behind. The person on the left is wearing a red shirt and a white hat. The person in the middle is wearing a blue shirt and a white cap. The person on the right is wearing a red shirt and a red cap. A golf bag is visible on the left.

SOCIALISE

Your brain loves company and benefits from the stimulation of you being with other people. Try these top tips for building more opportunities for social connection into your day.

A photograph of a group of people, including children and adults, wearing blue shirts, gathered on a grassy field. They appear to be in conversation or participating in an activity.

Volunteer

**Get involved in your community.
Why not start with your local sports club.**

A photograph of an elderly woman with white hair and glasses, wearing a light-colored top, talking on a black mobile phone. The background is a blurred outdoor setting.

Reconnect

Pick up the phone. Make time to catch up regularly with family and friends.

A photograph of a group of people sitting at a table in what appears to be a restaurant or cafe. They are engaged in conversation and eating. The lighting is warm and the atmosphere is social.

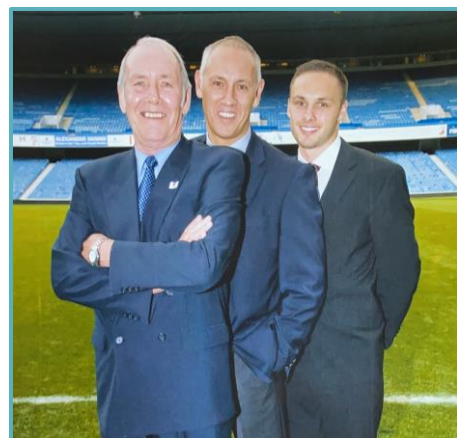
Try new things

Joining a club or taking up a new hobby can be a great way to meet new people.

PROTECT

“

We live and work hard in life to enjoy life when all the hard work has been done, watching your kids and grandkids grow. My dad was a giant of his profession in an age of physical football and a time with little awareness of what might be happening inside players heads.



We understand a lot more now than we did in mine and my dad's playing days about just how important it is to protect players from the harms of head injury. And we need to continue to push for better support for all former, current and future players of the game in order to protect the health of the brain throughout life. Live life, live **SPORT**. ”

- Mark Hateley, former footballer and Alzheimer Scotland Ambassador

Remember, when it comes to a possible concussion:

**IF IN DOUBT,
SIT THEM OUT.**



www.brainhealth.scot/concussion



OPTIMISE

Optimise your diet. Start by trying some simple swaps like these to help fuel your brain to perform at its best.



Eat more fish. Get creative and try out some new recipes to switch meat for fish.

Instead of crisps try going for a handful of unsalted nuts as a healthier snack.



Try out more wholegrain options when choosing bread, cereal, pasta and rice.



www.brainhealth.scot/food



REST

Sleep helps your brain recharge. You should aim for **7-9** hours every night. Try these top tips for setting yourself up for the perfect night's sleep.



Switch off

Avoid screens in bed



Clock off

**Keep clock displays out of sight.
And don't be tempted to peek**



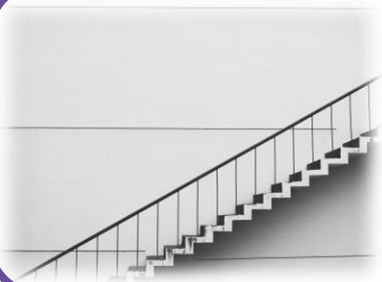
Lights off

**A dark room helps you sleep.
Try to block any light creeping in.**



TRAIN

Getting your body moving pumps blood to your brain, helping you to stay sharp. Every movement helps. Get started with these top tips to help build more movement into your daily routine.



Leave the lift.
Take the stairs whenever
you get a chance

Get off the bus a few
stops early and enjoy
the extra walk.



Invite a friend to join you
for a walk next time you
catch up.



Do you live SPORT?



How often do you spend time socialising and trying new things?



Once in a while.



Never! I'm fine on my own and don't like new things.



I try to but it can be hard to find the time.



I regularly make time for chats and activities.

Do you know where to go for advice on spotting and managing a concussion?



I'm up to date with the guidance. If in Doubt, Sit Them Out.



If someone was knocked out I'd look for help.



A few knocks to the head never did anyone any harm.



I heard you don't always have to pass out. But I'm not sure what other signs to look for.

How much fruit and veg do you eat?



Do chips count as a vegetable?



At least 5 different varieties every day.



I try to include veg in every meal.



I'll have a banana as a snack, if there's no crisps available.

Do you get enough sleep?



I get at least 7 hours a night.



I try for 7 but usually manage around 6 hours.



I'll sleep when I'm dead.



I'll get around 5 hours and have a nap if I'm tired.

How much exercise do you get?



None. I hate exercise.



At least 30 minutes every day to get my heart pumping.



An hour or so most weeks.



I'll leave the car and walk to work on days I have time.

COUNT UP YOUR ANSWERS, ARE YOU MOSTLY GOLD, SILVER, BRONZE OR WOODEN SPOON

GOLD:

You're a SPORT champion! Keep it up to stay on top of your brain health game.



SILVER:

You know what to do to take care of your brain health - just a few small changes to reach GOLD!



BRONZE:

You're on your way to becoming a brain health pro - keep going!



WOODEN SPOON:


There are lots of ways to keep your brain healthy. Kick off by making some positive changes today.

BUILD YOUR BRAIN HEALTH TOOLKIT

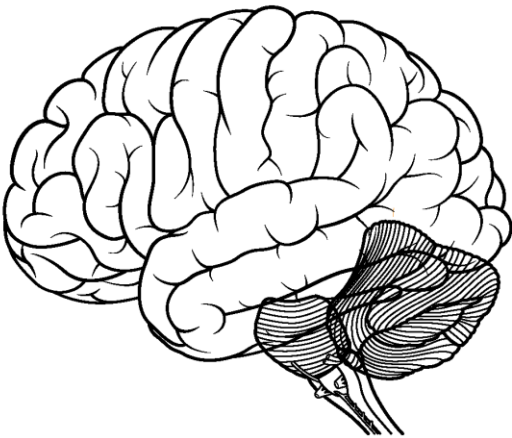
There are lots of ways to make positive changes that can protect brain health and help reduce risk for the diseases that lead to dementia.

Be a brain health champion. Kick off by using the resources on the following pages to set yourself a Brain Health Pledge.

MY BRAIN HEALTH PLEDGE.



Hosted & supported by Alzheimer Scotland



I WILL
.....




HOW
.....

WHEN
.....

WHERE
.....

WITH
.....

www.brainhealth.scot
www.alzscot.org

#MyBrainPledge   



www.brainhealth.scot/pledge

Mental health

Get expert advice to help you look after your mental wellbeing with Every Mind Matters



www.nhs.uk/every-mind-matters

Blood pressure

Understand healthy blood pressure range and how to maintain it



www.bit.ly/bp-sport

Brain injury

IF IN DOUBT, SIT THEM OUT
Get up to speed with the latest guidance on recognising and managing concussions



www.brainhealth.scot/concussion

Stop smoking

Try these 10 self-help tips to quit smoking today



www.nhs.uk/better-health/quit-smoking

Nutrition

Discover simple ways to make your diet a little more brain-healthy



www.brainhealth.scot/food

Sleep

Follow these practical tips to help you build your healthy sleep routine



www.brainhealth.scot/sleep

Lifelong learning

Trying new things helps keep our brain active. Why not learn a new language or musical instrument?



www.futurelearn.com

Hearing

Find out how to protect your ear health to prevent & treat hearing loss which can cause problems for memory and thinking



www.rnid.org.uk/information-and-support/ear-health

Social activity

Stay sociable and keep connected. Why not explore volunteering opportunities with your local sports club?



www.sportscotland.org.uk/volunteer

Exercise

Discover the benefits physical activity has for our health and aim for at least 150 minutes of exercise every week.



www.youtube.be/aUaInS6HIGo

Alcohol

Calculate your weekly units and find top tips to help cut down



www.count14.scot

Support the science

Join the team effort to improve brain health for everyone by getting involved with research



www.joindementiaresearch.nihr.ac.uk

#SPORTinMind

**Take part at
brainhealth.scot/sportinmind**

 **Brain Health
Scotland**

Hosted & supported by
Alzheimer Scotland