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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Brain activity—do a
crossword puzzle
instead of watching TV
one day this week!



**Corporate Bodies
International**

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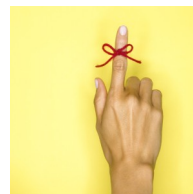
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This fortnight's healthy topic...

Health Hit: Dementia



You need to know...

Dementia is a condition that affects our memory and concentration as we age.

Unfortunately, we can not stop our life cycle, BUT there are things we can do to prevent it impeding on our everyday lives!

Ten Tips to looking after your brain:

1. Get physical—active body = active mind
2. Play mental games—crosswords and puzzles keep the brain working, or test your knowledge with Trivial Pursuit
3. Stop smoking
4. Get a social life—make time for friends and family
5. Eat less take-away and fast foods—less saturated fat, the better
6. Choose lean meat and low-fat dairy
7. Have FISH at least once a week
8. Have a cup of green tea or ONE glass of wine occasionally—these are packed with anti-oxidants to protect the brain
9. Have fruit and vegetables EVERY DAY
10. Drink plenty of water—hydration improves concentration

Lets prevent dementia and put them into place today...

Where can I get help for Dementia sufferers?

- Local Community Health Service
- Alzheimer's Australia—National Dementia Helpline 1800 100 500

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**