

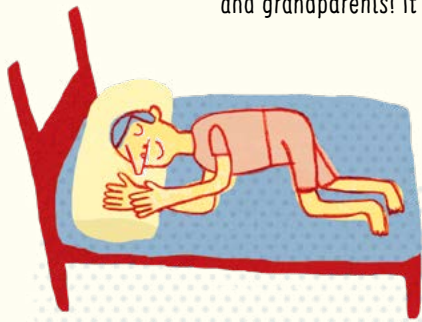
# HOW TO TAKE CARE OF YOUR BRAIN

The brain, like the rest of the body, needs you to take care of it. Just as you need to eat your vegetables and exercise to stay healthy, there are also things you can (and should!) do to take care of your brain.



## EXERCISE

Aerobic physical exercise (running, riding a bicycle, jumping, hurdling, etc.) is one of the best ways to keep your brain young and active—the brain gets more oxygen when you exercise. It should be regular—at least 45 minutes three times a week for adults, and one hour per day for children. Remember that playing tag, ball, etc. are physical activities that take care of your brain! These activities also increase your ability to focus your attention, your memory and your ability to learn. (Tell that to your parents and grandparents! It's never too late to start!)



## EAT HEALTHILY

Choose healthy foods (fruits, vegetables, legumes, low-fat milk, fish, nuts). Avoid junk food, and don't skip meals. Drink between six and eight glasses of water every day. The brain needs food and water to work better.

## SLEEP

Sleep 10 to 11 hours every day. It's very important to sleep at night. Avoid going to bed late and then waking up late—going to sleep at two in the morning and waking up at noon is not the same as going to bed at nine and waking up at seven. In both cases you sleep for 10 hours, but it's much better for the brain to be awake during the day and to sleep at night.



## TAKE CARE OF IT

When you're a teen, avoid drinking alcohol, smoking cigarettes or marijuana and using other drugs. These affect your brain at a time when it's still developing and they interfere with its development processes.



## PROTECT IT

When you ride a bike or go rollerblading, ice skating or skiing, never forget to wear a helmet to protect your brain from the impact of falls. Always wear your seat belt in cars and on buses.



## TALK TO OTHERS

If you feel sad, afraid or lonely, or have difficulties sleeping, talk to your parents. And if that's not enough, ask them to take you to see a specialist. These problems also affect your brain.

