

Brain Food

Just as an athlete needs to follow a regime to reach their peak fitness, your brain also needs a regime to reach its full potential.

Plenty of sleep

Your brain needs time to sort out the information it has come across during the day.

Drinks lots of water

The brain is made mostly of water and dehydration will lead to headaches and tiredness.

Eat a balanced diet

The brain needs a balanced diet, so eat plenty of fruit and vegetables, 'brain food'.

Exercise your body

The brain uses 20% of oxygen in the blood so you need to think about your posture and exercise to make sure your body gets enough.

Exercise your mind

Just as muscles need to be stretched and worked so does your mind - use brain gyms or puzzles.

Avoid too much...

chocolate, cola, caffeine and foods with lots of additives. These substances interfere with the way your brain functions.