

BRAINS... AND HOW TO KEEP YOURS HEALTHY

Circle the correct answer then place your completed quiz in the Suggestion Box by **26 June 2016** to be in the draw to win a **Health Mates Sling Bag & Pedometer valued at \$31.**

What is good for your heart is good for your brain.

TRUE / FALSE

You only need to worry about brain health when you reach old age.

TRUE / FALSE

Mentally challenging your brain is known to kill brain cells.

TRUE / FALSE

Eating foods high in saturated fats may increase your risk of dementia.

TRUE / FALSE

Regular physical activity has been associated with a reduced risk of cognitive decline.

TRUE / FALSE

FULL NAME: _____

TELEPHONE _____