

8. Or play a board game

It may be worth digging out the Monopoly or Cluedo, as keeping the brain active by playing board games can help reduce risk of dementia.

9. Have a sing-song!



Singing with other people can boost your health and wellbeing – even if you don't have the voice of an angel. Singing in a choir has been proven to regulate your heartbeat.

10. Have a laugh with your friends

Mobile phones and social media have made it much easier to keep in touch with loved ones – but they're still no substitute for face-to-face contact. Sharing a giggle with your friends, can have huge mood-lifting, stress-busting and even memory-boosting benefits.

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PODIATRY DEPARTMENT



10 Ways to Behave Like a Kid Again!

Revisiting childish activities can reap significant health benefits. It's time to release your inner six-year-old.

1. Climb a tree



Or if that seems a little too ambitious, try walking across a wide beam or crawling across the floor. The reason? Childish activities such as these can boost your 'working memory'.

2. Go berry-picking



Blackberries are high in fibre and vitamin C. Blueberries are also rich in antioxidants, plus they're a particularly good source of [vitamin K](#).

3. Head to the park



You don't have to play on the swings and slides – unless you particularly want to, of course – but spending just five minutes in a green space is enough to lift your mood. And if the park has a lake or pond, all the better.

4. Fly a kite



Still in the park? Excellent! Why not try a spot of kite-flying while you're there? As well as the obvious physical and mental health benefits from exercising in the open air, you'll be giving your eyes a workout. All together now: 'Let's go fly a kite'.

5. Get your crayons out



Colouring books for adults have been a big hit in bookshops over recent months. This has been shown to reduce stress.

6. Fidget!

Remember when you couldn't sit still as a kid? It may not have been such a bad thing. People who spend more time standing up than sitting down can significantly reduce risk of diabetes and heart disease.

7. Play video games

OK, we know video games probably weren't around during your childhood, but it's never too late to start playing. Fast-paced games can increase our ability to quickly learn new skills.