

## 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.