

## Benefits to walking and staying mentally active

- Walking is convenient, free and one of the easiest ways of staying active.
- Walking can help to reduce the risk of certain health conditions, e.g. diabetes, high cholesterol and high blood pressure.
- It can be beneficial for your mental health by helping to relieve stress and improve your mood.
- Mental activity can help to keep your brain healthy, agile and sharp.
- By regularly stimulating your brain in different ways, e.g. reading, solving puzzles or painting, you can help to reduce your risk of dementia.



THANK YOU

We hope this was helpful and you  
have enjoyed your walks and  
sudokus!

ACTIVE  
MINDS

BALLATER SURGERY



## Priory Gardens

The Priory Gardens in Orpington is a great place for a scenic walk, especially in Spring and Summer. Feel free to choose whatever route you like through the gardens and make your walk as long or short as you feel comfortable or as long as you have time for.

There are plenty of benches for you to take a moment to enjoy the scenery, or have a rest if you feel the need. See if you can spot:

- Rose beds
- Iris beds
- Geese (including Canada geese)
- Moorhens
- Squirrels

## Sudoku

If the weather is not good or if it is not possible for you to go for walks, solving puzzles is a great way to keep your mind active. Here we've provided 2 different levels of sudokus to help keep you busy.

### Puzzle 1: medium

	8		4			5	3	
7	4	6			8			
		3		2				
	9			6		1		
	3	1				6	5	
		7		5			8	
				4		8		
			1			7	9	5
	5	8			3		1	

### Puzzle 2: hard

	4	7					3	8
	2			7		1		
				2	3			7
				5	2		8	
		5	3		6	9		
	9		4	8				
9			6	3				
		2		9			1	
8	7					3	6	

## Answers

### Puzzle 1: medium

9	8	2	4	1	7	5	3	6
7	4	6	5	3	8	9	2	1
5	1	3	6	2	9	4	7	8
8	9	5	3	6	2	1	4	7
2	3	1	8	7	4	6	5	9
4	6	7	9	5	1	3	8	2
1	7	9	2	4	5	8	6	3
3	2	4	1	8	6	7	9	5
6	5	8	7	9	3	2	1	4

### Puzzle 2: hard

5	4	7	1	6	9	2	3	8
3	2	8	5	7	4	1	9	6
1	6	9	8	2	3	5	4	7
4	1	6	9	5	2	7	8	3
7	8	5	3	1	6	9	2	4
2	9	3	4	8	7	6	5	1
9	5	4	6	3	1	8	7	2
6	3	2	7	9	8	4	1	5
8	7	1	2	4	5	3	6	9



## Getting started

- Start with a short route that you find comfortable and gradually build on that.
- You could make sure there are benches on your route for you to stop and have a rest.
- Incorporate activities into your normal routine e.g. during your lunch break, after you finish work etc.
- Varying activities can help to keep your mind engaged and motivated.