



Across

- 1** Can promote new brain cell growth? (8)
- 4** Get 6-8 hours (5)
- 7** Way of life for person (9)
- 9** Diet high in antioxidants (13)
- 10** Enhances intellectual stimulation (11)
- 11** Can cause structural damage in the brain? (12)

Down

- 2** A promise to make a change (10)
- 3** Help others (9)
- 5** To stop something from happening (10)
- 6** Twice the risk of developing dementia (7)
- 8** Best activity for brain health (8)