



Boost Your Brain Power

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PEBTF

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• Learning objectives

Boost your brain power

- **Learn** how aging impacts your brain
- **Differentiate** between normal and abnormal aging
- **Learn** specific ways to boost your brain power

Brain booster

Name **four days**
of the week
that start with
the **letter “T”**



What is healthy aging?

In 2030, the 65 and older adults will double to 72 million (roughly 20% of the U.S. population)

- Longer life spans and aging baby boomers

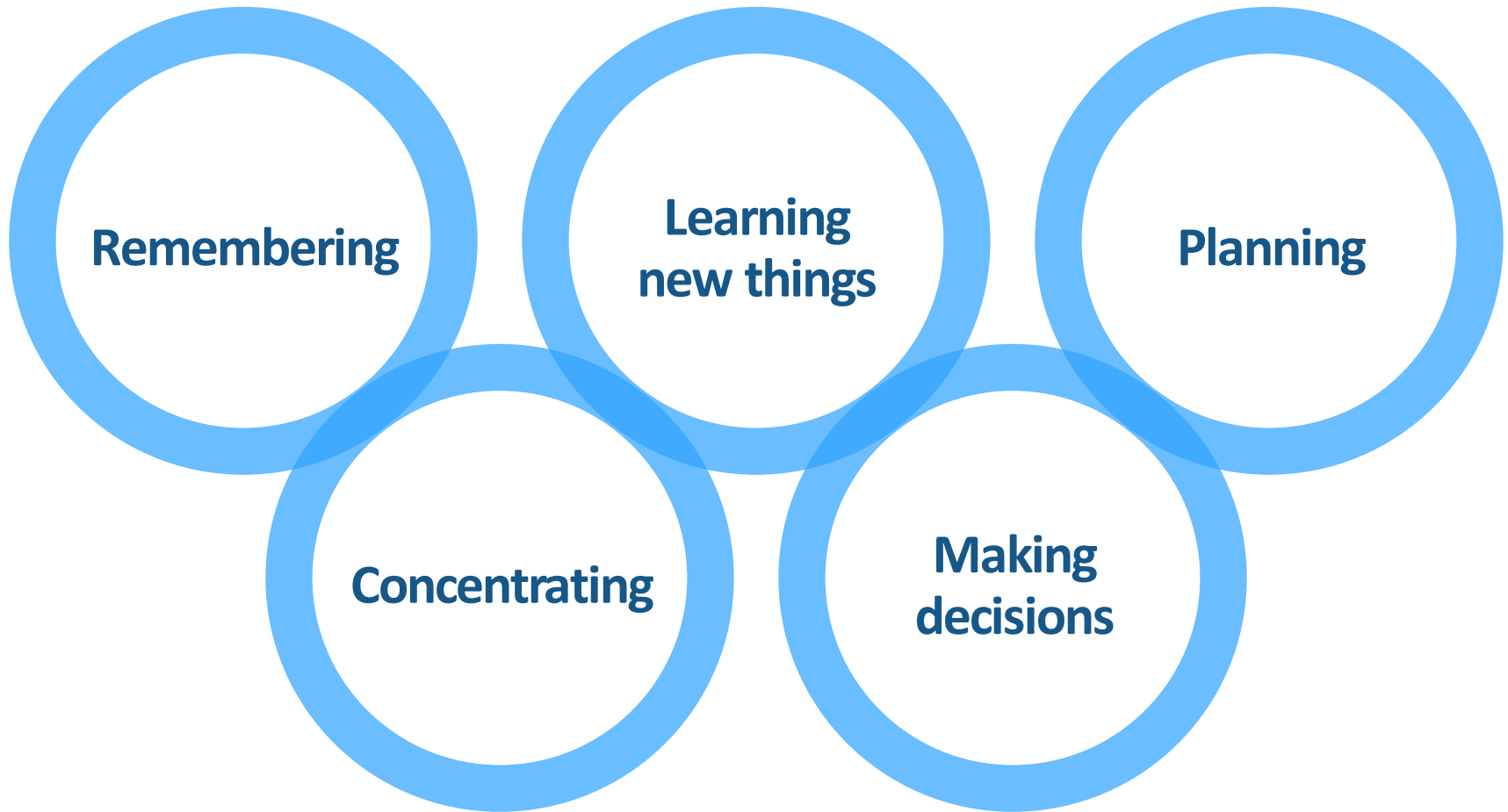
Aging is a natural part of life and depends on:

- Genes
- Environment
- Lifestyle

Healthy lifestyle choices may help you maintain a healthy body and brain



What is **brain health**?



What may affect your brain?

- Genetic makeup
- Certain medicines
- Conditions
 - Heart disease, high blood pressure
 - Diabetes
 - Alzheimer's disease
 - Stroke
 - Depression
 - Sleeping problems
- Brain injury
- Lifestyle behaviors
 - Poor diet, not enough sleep, lack of physical and social activity
 - Smoking and excessive alcohol

Why do you want to age healthy?

I want to:

- Live independently
- Enjoy an active retirement
- Play with my grandkids
- Live a long life
- Other?

• Normal changes as you age

- Metabolism (how fast your body can burn calories)
- Sleep
- Vision
- Hearing loss
- Bone aging
- Sexual function
- Vital organs (heart, kidneys, lungs, brain)



• Normal age-related **memory and learning changes**



- Increased difficulty finding words
- Difficulty remembering
- Difficulty multi-tasking or switching between tasks
- Mild decreases in ability to pay attention
- Increase in how long it takes to learn new things

• Seek help if you have **abnormal changes in memory**

Serious memory loss and confusion are not a normal part of aging

- Memory loss along with big changes in personality and behavior may mean there is a problem
- **Signs of dementia:**
 - Asking the same questions over and over again
 - Forgetting how to use everyday objects or words
 - Becoming lost in familiar places
 - Being unable to follow directions
 - Neglecting personal safety, hygiene, and nutrition

**People who are
worried about
memory problems
should see a doctor**

Brain booster

No sooner
spoken than
broken.

What is it?



Boost Your Brain Power!



Key ways to boost your brain power!



Take care of
your health



Eat healthy
foods



Be active



Learn new
things to keep
your memory
sharp



Connect
with family,
friends, and
the community

Boost your health

Benefits

- Results in better health care
- Helps lower your risk of serious health problems
- Help you understand your current health status

Take action today!

- Find or establish relationship with a primary care provider
- Get recommended health screenings and immunizations
- Consult with your health care provider to make sure your medications are right for you
- Quit smoking



Boost your nutrition

Benefits

- Deficiencies in some nutrients can lead to impaired cognitive function
- Antioxidants may help repair neurons associated with aging
- Good fats may help prevent a decline in memory
- Diets rich in Omega 3 fatty acids may help prevent memory problems, slow effects of aging in brain, and may help improve mood
- Water helps to keep our attention focused

Take action today!

- Eat more high B12 foods such as low fat dairy, eggs and fish
- Eat your colors – a variety of fruits and vegetables
- Stay hydrated with water



Boost your physical activity

Benefits

- Lowered cognitive decline
- Lower risk for memory problems
- Enhanced mood
- Improved energy
- Prevent falls
- Improve connections among brain cells

Conditions that also affect cognition can be **improved with regular physical activity**

- Cardiovascular disease
- Hypertension (high blood pressure)
- Metabolic syndrome
- Uncontrolled diabetes
- High levels of inflammatory markers



Boost your physical activity

**Take action
today!**

- Start by walking 10 minutes a day
- Work towards 150 minutes each week
- Increase resistance training exercises
- Take the stairs
- Park further away
- Add activity to improve balance
- Join programs that can help you learn to move safely

**Talk to your
doctor about
getting started
with an
appropriate
exercise program**

Boost your memory

Tips

- Plan tasks, make “to do” lists
- Use memory aids like notes and calendars
- Develop/stay involved with interests or hobbies
- Engage in physical activity and exercise
- Limit alcohol use
- Find activities to relieve feelings of stress, anxiety, or depression

Take action today!

- Read a book/magazine
- Play a game
- Learn something new
- Be social through work or volunteering

Boost your family & social connections

Benefits

- People with stronger social relationships have a 50% increased likelihood of survival than those with weaker social relationships
- People who are involved in meaningful activities feel happier and healthier
- Social activities are linked to reduced risk for some health problems, including dementia

Take action today!

- Join a club around your favorite hobby
- Check out offerings through local centers or community organizations

What action will you take today?

- What one thing can you do to boost your brain today?
- Think of small, first steps such as:
 - Taking a 10-minute walk a few times a week
 - Adding one serving of vegetables each day
 - Making an appointment for health screenings or a physical exam
 - Drinking an extra glass of water
- Write down what you will do and when
- Get support from family, friends, or community groups!



Setting a S.M.A.R.T. goal

Specific — Ask who, what, where, when, why

Measurable

Attainable/**A**chievable/**A**ction-Based

Realistic

Timely

Ask who,
what, where,
when, why

Set a
timeframe
to meet
the goal

How much,
how many,
how long,
how often

Brain booster

There were two
fathers and two sons
on a boat fishing.
They each caught a
fish, but only three fish
were caught.

How can this be?

?

Summary

Boost your brain power

- Some change as we age is natural
- You can take specific actions to improve your brain
- Be proactive with your physical and mental health

**Take control
today!**

Visit MyActiveHealth today!

Sync your devices or apps,
access trackers,
videos,
webinars,
and more!

The screenshot displays the 'Wellness Center' interface. On the left is a navigation menu with links: Home, Dashboard, Health Library, Wellness Center (highlighted), Videos, My Records, My Resources, and My Rewards. The main content area features a banner for 'Jan_2016_Go digital. Go healthy.' with the 'ActiveHealth MANAGEMENT' logo and a photo of a person. Below the banner is a 'Description:' label. Underneath is a section titled 'Your Health Actions' with the instruction 'Click any health action to get started.' and a 'View All' link. This section contains three cards: 1) 'Give Yourself Credit Rewards Center' with a trophy image; 2) 'Asthma: Pediatric Asthma' with a child using an inhaler and a description to explore topics in the Asthma category of the Digital Coach; 3) 'Heart Health: Associated Risks' with a doctor's hands and a description to explore topics in the Healthy Aging category of the Digital Coach.

Your Digital Coach has *New Insights* to Help You

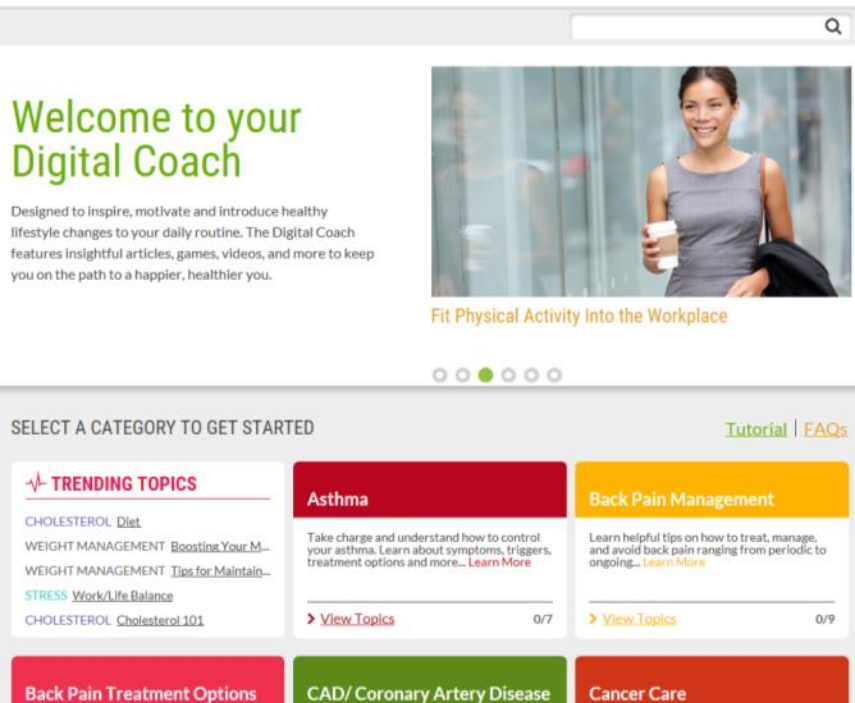
- Do you want to learn more about your health? We have answers!
- Stay motivated on your journey to lifelong wellbeing



MENU ≡
♥ 15/100 Heart Beats

Some of the *New Tools* Include

- Articles, games, videos, and other engaging content on:
 - **Coronary artery disease**
 - **Living a heart healthy lifestyle**
 - **Mindfulness**



Visit your
Digital Coach on
MyActiveHealth
to explore
new content!



Like **PEBTF** on Facebook to:

- Stay informed on upcoming Get Healthy events
- Stay up-to-date with information on your PEBTF benefits
- Stay educated via health and wellness news

Thank you!

