Boost Your Brain Power

July 2016
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
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**?

- Remembering
- Learning new things
- Planning
- Concentrating
- Making decisions
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
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

**S**pecific — Ask who, what, where, when, why

**M**easurable

**A**ttainable/Achievable/Action-Based

**R**ealistic

**T**imely

Ask who, what, where, when, why

How much, how many, how long, how often

Set a timeframe to meet the goal
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

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Thank you!