

Boost your Brainpower as you Age Q&A



- **Q:** I want to be more active, but it's so hard to find the time! What do you suggest?
- **A:** Great question! It can be difficult to find 2.5 hours in your week! Break your exercise down into smaller increments throughout the day, such as two to three ten-minute sessions or two 15 minute sessions. Use a calendar to schedule your physical activity and exercise into your week! Even if you cannot get the full recommended amount of exercise a week keep in mind that some exercise is better than no exercise—it is not “all or nothing”. Make everyday chores and tasks more challenging! Take the stairs rather than the elevator, park your car further away at work or the grocery store, walk in place during commercials, challenge your family members in a sit up or push up challenge, etc.
- **Q:** The presentation mentioned finding activities to lower stress. Could you provide some ideas?
- **A:** Sure thing. Thanks for asking. Mindfulness has increased in popularity over the recent years and for great reasons! Mindfulness is the practice of bringing your mind to the present. It can help us to manage our stress levels by helping our minds concentrate on the present through focusing on our breath and what is going on around you. For example, noticing the smells, textures, tastes, sounds, etc. Making time to do things you enjoy is also a way to manage stress. An unbalanced lifestyle can lead to stress, so remember to take time to do activities you enjoy and spending time with people who make you feel good! My last tip is to make sure you get plenty of rest!! When we are overtired situations appear more inflated than they are which drives up our stress levels. Sleep is essential to our brain power—not just managing stress alone! Some tips for better sleep:
 1. Make sure your room is cool and dark
 2. Wear loose fitting clothing
 3. Do not eat or drink (other than water) at least two hours before bed
 4. Avoid caffeine after 2pm
 5. Turn off electronics, TV's, etc. at least a half hour before bed