

Strong Habits
=
Strong Brains

Kathryn Hull
Wellness Coordinator
Blue Cross Blue Shield of New Mexico



What is Good Brain Health?

Cognitive – Think , Learn, Remember

Motor Function – Movement, Balance, Reaction, Control

Emotional – Understanding and Responding to Good and Bad Emotions

Tactile – Feel and Respond to Touch and Pain.

No- Brainers!

5 things you can do to
help your brain age well.

Exercise

Nutrition

Sleep

Lifelong Learning

Connect

Exercise

Healthy Cardiovascular System = Strong Brain

- Increase blood flow to the brain
- Decreases risk of hypertension
- Decreases risk of diabetes
- Lowers LDL (bad) cholesterol
- Weight

Hormone Regulation

- Feel good hormones increase
- Stress hormones decrease

Recommendations

- 18-64 years
 - 150 minutes/week of moderate-intensity aerobic activity
 - 2 days/week of muscle strengthening activities
- 65 years and older
 - Same as above but add balance activities

Nutrition

- MIND Diet
 - Combo of Mediterranean and DASH diets
 - Green Leafy Vegetables – 6 servings/week
 - Berries – 2 or more servings/week
 - Nuts – 5X/week
 - Dry Roasted or Raw with no salt
 - Olive Oil – Extra virgin and in opaque bottle
 - Meat free meals – beans, lentils, soybeans
 - Fish – 1X/week

[Chia Seed Pudding Recipes](https://health.clevelandclinic.org/how-to-make-chia-pudding/)

Sleep

- Lack of quality sleep potentially leads to....
 - Decreased memory formation
 - Increased beta-amyloid formation
 - Cognitive impairment
 - Inflexible thinking
 - Decreased reaction time, motor skills
 - Decreased ability to carry out instructions
 - Decreased ability to understand emotional information
 - Decreased creativity
 - Increased risk of infection
- Adults need 7-9 hours/night

Lifelong Learning

Formal education

- Continue as we age
- Encourage loved ones

Challenging information

- Skill
- Hobby
- Concepts

Connect



VOLUNTEER

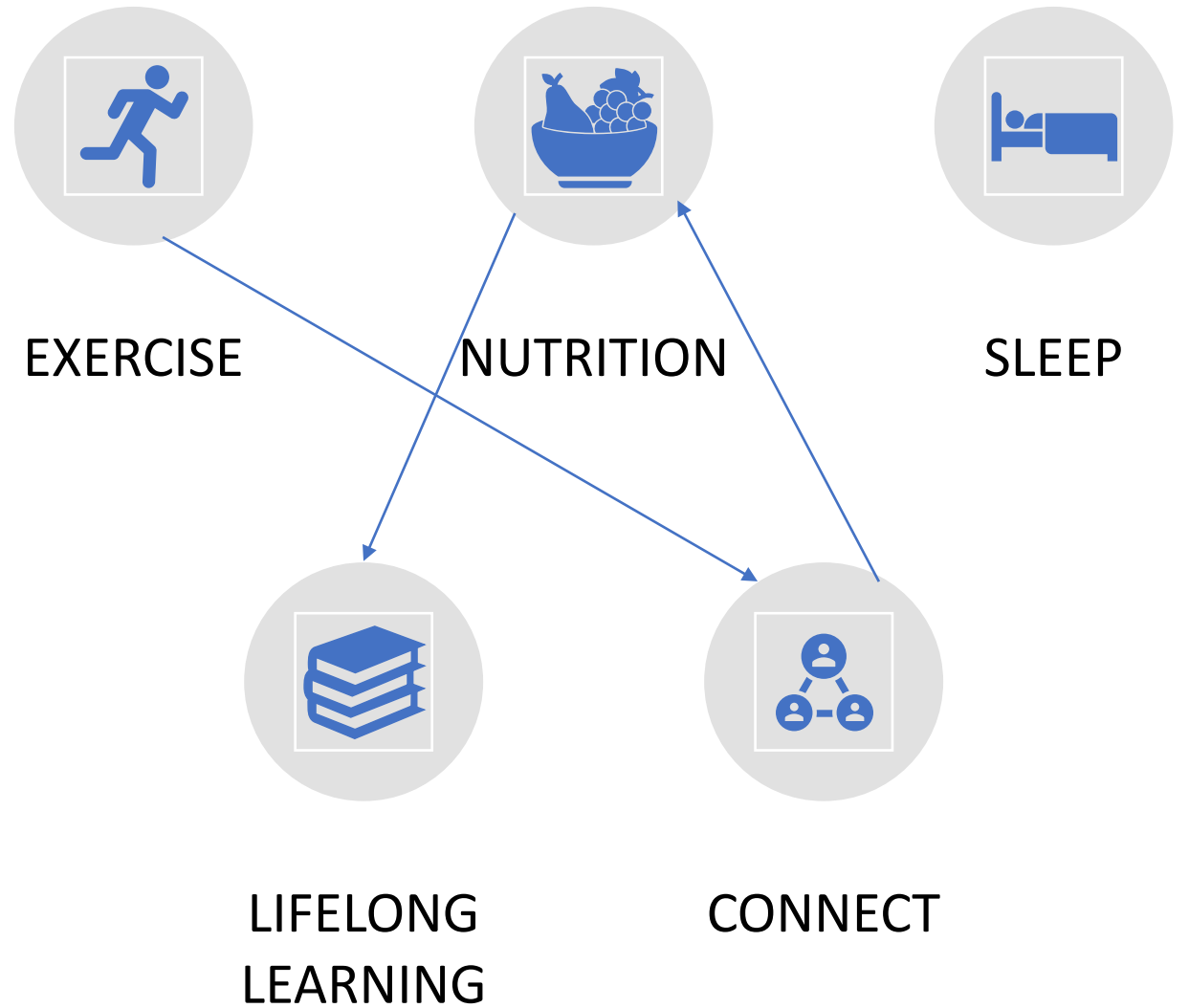


STAY IN TOUCH



MENTOR

Combine Tactics



S.M.A.R.T. GOALS WORKSHEET

This S.M.A.R.T. Goal Worksheet is intended to help you design your goal around your lifestyle and expectations. Remember, for optimal success, it is important to use concise language and be as honest as possible.

Specific	Write the specific new brain health goal.
Measurable	How will you measure your progress and know if you are successful?
Action-Oriented	List action steps containing verbs you will take to achieve your goal.
Realistic	Can you achieve this goal? How do you know? What are your obstacles and how will you overcome them?
Time-Bound	What is the deadline for your goal?
Initial Goal	Now that you have created your S.M.A.R.T. metrics write your goal combining the statements above.

You may find yourself repeating some statements or ideas across the metrics. That is okay as this repetition will reinforce the goal and help you adapt it to your lifestyle.

References

- [Voluntary Exercise Decreases Amyloid Load in a Transgenic Model of Alzheimer's Disease](#)
- [Exercise-induced protein may reverse age-related cognitive decline](#)
- [Cognitive Health and Older Adults](#)
- [Vascular Dementia](#)
- [Exercise Dosage in Reducing the Risk of Dementia Development: Mode, Duration, and Intensity—A Narrative Review](#)
- [Physical Activity for Different Groups](#)
- [Improve brain health with the MIND diet](#)
- [Omega-3 fatty acids and cognitive decline: a systematic review](#)
- [How Lack of Sleep Impacts Cognitive Performance and Focus](#)



Survey

- Please scan QR code and follow link to take a very brief survey on today's presentation.

- <https://www.surveymonkey.com/r/98ZD6MF>