

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: January 2023

Exercise Your Mind - Brain Health

To preserve your cognitive health, your best bet is to work out your body and your mind through regular exercise and mentally and socially stimulating activities. A study performed on 454 older adults who agreed to have an accelerometer to track their movement found those who were more active were 31% lower risk of developing dementia. Research completed by Journal of Bodywork and Movement Therapies found that yoga poses completed at least 10 minutes a day was proven to raise dopamine and GABA levels – both chemicals that are generally found to be low in individuals who suffer from some state of depression.

Give your brain a workout too. Research suggests that engaging in mentally stimulating activities, not just physical, helps build your cognitive reserve (the ability to withstand adverse brain changes before you exhibit symptoms).

5 Ways to Improve Brain Health and Boost Memory

1. Eat Less Added Sugar

One study of 4,000 individuals showed that those who consumed a higher intake of sugary drinks like soda had lower total brain volume and poorer memory when compared to those who did not.

2. Try a Fish Oil Supplement

DHA and EPA are vital to the health and function of your brain which are both found in fish oils. The chemicals help reduce inflammation in the body which has been connected to cognitive decline.

3. Get Enough Sleep -Health experts recommend 7-9 hours of sleep

4. Train Your Brain

Learning a new hobby or practicing crosswords, word recall games, Tetris, and other similar activities are excellent ways to improve brain function and memory.

5. Exercise

A study of 150 people ages 19-90 showed that a single bout of 15 minutes of moderate exercise on a stationary bike led to improved cognitive performance and memory across all ages.

Discussion Points/Quiz Questions:

- 1. Can you improve brain health throughout your life?**
- 2. Does anyone want to share a hobby that you recently started?**