Healthy Body, Healthy Brain

presented by the alzheimer’s association®
Three Main Areas

Your Brain

Your Body

You
Part 1: Your Brain
MY LIFE BROKEN DOWN INTO SEGMENTS

SLEEPING

WORKING

EATING

LOOKING FOR THINGS I HAD JUST A MINUTE AGO
Typical Age-related Changes

- Changes in information processing
- Takes longer to process information
- May experience word-finding difficulties
- Nuisance forgetfulness
Mental Stimulation: Use your brain power!

- Higher levels of education
- Play strategy games, puzzles, musical instrument, read
- Enriched, stimulating environments: The model mouse
Try This: A brain-visual challenge

RED  ORANGE
BLUE  YELLOW
GREEN  BLUE
YELLOW  BLACK
BLACK  GREEN
Try This: Find the Hidden Phrase

CROWD
Try This: Wordplay Puzzle

1. Thln
2. Rgntn
3. Strl
4. Srnm
5. Pkstn
Try This: How many triangles?
Engage Your Brain

What have you done lately to engage your brain?

- Learn a new skill
- Read something different
- Volunteer
- Simple changes
- New places
Example: Theresa BrownGold, Painter

Photograph by: J. Kourkounis
Example: Albert Doering

Photograph by: J. Kourkounis
Example: What others are doing in their community

Photograph by: J. Kourkounis
Part 2: Your Body
“Is it just me or is it a bad idea to eat at a place that prints CPR instructions on their placemats?”
The Heart-Brain Connection
Heart Health = Brain Health

- Heart Disease/Stroke
- Weight/Obesity
- Diabetes
- Smoke
Brain Healthy Food: The Mediterranean Diet
"The only diet shake I recommend is the shake your booty makes when you exercise."
Exercise and Your Brain
Exercise Ideas
Example: Helen the Line Dancer

Photograph by: J. Kourkounis
Living a Healthy Lifestyle

Don’t be this guy

Be this guy
Part 3: You
“Forget your troubles, get happy”
Walk to End Alzheimer’s
Alzheimer’s Association Services

- Care Consultation
- Information and Referral
- Support Groups
- Education
- Safety Services

Call 800.272.3900 for Alzheimer’s Association TrialMatch™
Thank you!

1.800.272.3900 24/7 Helpline
www.alz.org