

as we AGE



Exercise of any type, including yoga, increases blood flow to all parts of the body, including the brain.

Worried about dementia? You are **not** alone

If you don't use it, you can lose it! This is true not only for our body muscles; it is also true for our brain.

The sad reality is that Alzheimer's disease and other related dementias that affect our brain are on the rise and have even been known to start showing symptoms for those in their 50s.

Are you feeling concerned? If so, you are not alone. In Canada, Alzheimer's disease is the second most-feared disease.

As research continues, suggestions are coming forward on ways to help us fend off these dreaded brain diseases as much as possible. Here are a few of the suggestions with some quick tips:

EAT HEALTHY:

What is good for the heart is also good for our brain.

Quick Tips: Eat plenty of antioxidants such as berries and dark green vegetables to minimize the damage from free radicals which can damage our nerve cells in our brain. Fish oils, nuts and seeds (Omega 3s) help reduce inflammation. Speak to your doctor about what vitamins you may be lacking. It is common to hear doctors prescribing more vitamin B and/or vitamin E in daily diets.

EXERCISE YOUR BODY:

Studies show that exercising increases brain volume. Cardio

exercises increase blood flow which brings the much needed oxygen to our brain.

Quick Tips: Any type of exercise you love will do! Swimming, walking, strengthening exercises, yoga, and even dancing are all great but be sure to consult with your doctor.

STAY SOCIAL:

Being in the company of good friends and family can keep us from feeling alone or depressed. Depression can bring on symptoms of dementia.

Quick Tips: Schedule in regular social visits, use Facebook and/or do volunteer work

GET ENOUGH SLEEP:

Sleep cleans the brain of toxins. Sleep needs vary for people and are impacted by our lifestyle and health.

Quick Tips: Have a regular sleep-wake schedule, be smart about napping, include daily exercise and/or consult with your doctor.

KEEP STRESS LEVELS LOW:

If our body remains in a high stressful state for a prolonged period of time it can result in damage to our body and brain.

Quick Tips: Schedule daily relaxation, deep breathing and do exercises.

PROTECT YOUR HEAD:

Studies suggest that head trauma at any point in life significantly increases our risk of Alzheimer's disease and/or other types of dementia.

Quick Tips: Wear proper footwear, use walking aids, trip-proof your environment, use seatbelts and helmets.

DO BRAIN EXERCISES:

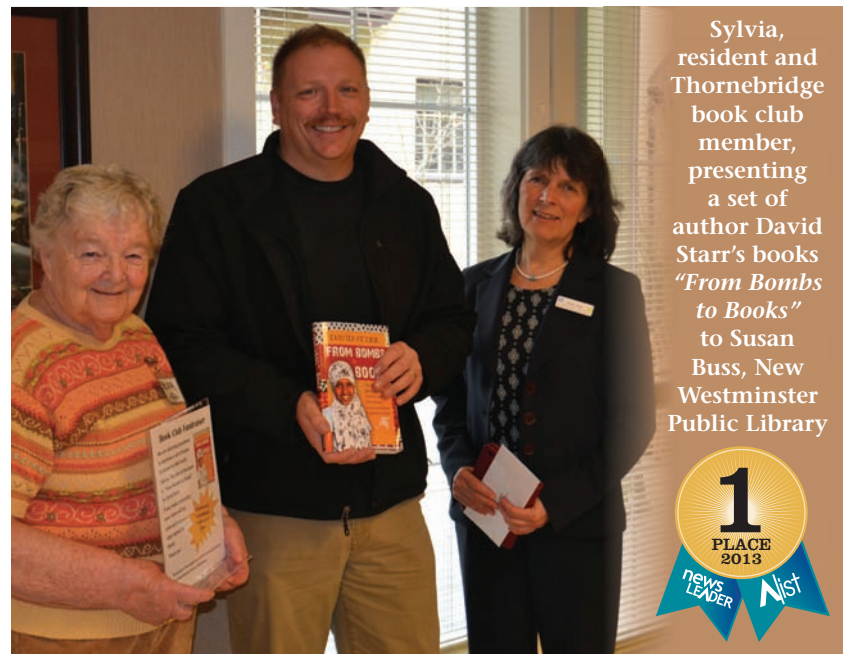
Engaging in rich brain exercise for five to 15 minutes each day can keep our brain active and can even improve functioning. Be sure to stimulate all five key regions of the brain: (Memory, Focus, Coordination, Critical Thinking, Word Skills.)

Quick Tips: play the card game, "Go Fish"; put together a jigsaw puzzle; do yoga; do logic puzzles; do crossword puzzles or even try computer games such as Luminosity.

Although scientists have not yet found an exact cause or cure for Alzheimer's disease, let's not look at this as just an unfortunate fact.

By remaining positive and incorporating a healthy lifestyle we can do our best to maintain a healthy brain for as long as possible.

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