

GOOD THINGS TO KNOW

A Decade of News You Can Use!

FIT BRAIN/FIT BODY

PLAY ANALOG &
DIGITAL BRAIN GAMES

GET MODERATE TO
VIGOROUS EXERCISE
TWO TIMES PER WEEK
OR EVERYDAY

EAT 3/4 OF WHAT'S ON
YOUR PLATE

EAT LESS BAD FAT

EAT OMEGA-3 RICH
FISH, BLUEBERRIES,
BEETS, POMEGRANATE,
SPINACH, BROCCOLI,
BEANS, ASPARAGUS

DRINK RED WINE IN
MODERATION OR EAT
DARK SKINNED GRAPES

CONSUME CAFFEINE
IN MODERATION

MANAGE STRESS WITH
MEDITATION, YOGA,
TAI CHI, QIGONG,
MASSAGE

GET RESTFUL SLEEP

Terese Miller, ACE Gold Certified Instructor, ACSM & IDEA Member 310.859.9908

terese.miller@sbcglobal.net Website: [Taking Care of Fitness](#) © Terese Miller 2015

IDEA WORLD FITNESS 2015 RECAP – BRAIN FITNESS

Absolutely love continuing education! I'd do it even if it wasn't required to stay certified. Turns out cognitive learning, like synopsisizing for you what I garnered in [Fabio Comana's](#) Brain Fitness course is just one of many components to keep my [hippocampus](#) (area of the brain associated with learning and memory) healthy.

So, here goes.

"Just as our brain grew, it can shrink. By your mid to late 20s your hippocampus has suffered a 1% loss in mass."

"10% of adults older than age 65 have some form of cognitive impairment and 50% of adults older than age 80 do too."

Why?

"Physiological losses within cells, disease (e.g. Alzheimer's), lack of use (repetition or practice), lack of physical activity, depression and medications."

What can you do?

EXERCISE, EXERCISE,
EXERCISE!

"Two times per week to everyday (Some studies demonstrated that two times per week does not yield the same results as four times per week.)" Duh!

Get your heart rate up.

"Moderate-to-vigorous intensity evoking sweat and labored breathing. Moderate intensity promotes greater antioxidant capacity in the brain, whereas higher intensity

(Anaerobic or aerobic-exhausted exercise or combo) shows cognitive improvement but with less antioxidant capacity."

How long?

Believe it or not, as little as "8-12 minutes of aerobic activity per day. 40-60 minutes of cardio per session, two to three times per week or 60-minutes of resistance training three times per week" contribute to hippocampus growth.

Caveat!

Plan aerobic exercise during the day or late afternoon. Too close to bedtime you may not get restful sleep due to your core temperature (98.6F) being elevated, like having a fever and tossing and turning all night. Cortisol (fight or flight hormone) is also elevated.

Make your bedroom conducive to sleep as dark as possible, no technology, no TV and if pets can't conform to your sleep needs, relocate them. Likewise for a snoring spouse!

Ideal pre-sleep activities could be gentle yoga or stretch, meditation, any or all. Not a bad idea to engage in such, as well as, tai chi, and qigong to manage stress during the day. Even as little as 15-minutes of quiet time (see GTTK Winter/Spring 2015 and GTTK Spring/Summer 2015 available at my website, [Taking Care of Fitness](#)) keeps cortisol levels from creating cravings for high caloric comfort food and drink.

What should you eat?

All the usual suspects listed at sidebar plus a few more but not too much of any one. Practice *hara hachi bu* – eat until your stomach is 80% full (see GTTK Spring/Summer 2015).

Check out Dr. Daniel Amen's [50 Best Brain Foods](#) list which includes: apples, avocados, barley, bok choy, Brussels sprouts, green tea, lemons, lentils, oats, olive oil, quinoa and walnuts to name a few.

Brain games.

I hate games because I grew up in a household where dad did crossword puzzles in ink and Saturday night Cribbage or Scrabble preempted TV (a good thing) but one had to excel or be demeaned for counting playing card icons or using one's fingers to do math. Painfully reflecting on my miserable performance (frequently called bonehead) yet rethinking such games, and others importance in not losing my marbles as I reach my expiration date.

Here are a few from Fabio Comana's lecture (click on his column one link for more):

DIGITAL:

Download [Lumosity](#)

Download [Elevate](#)

ANALOG:

Backward Digit Span – In set intervals of 7 from 100, subtract as quickly as possible.

Backwards Spell – Out loud (no writing) progressively change length of words.