



Boosting Brain Health and Lifelong Learning



BETSY BUTER



Your Brain

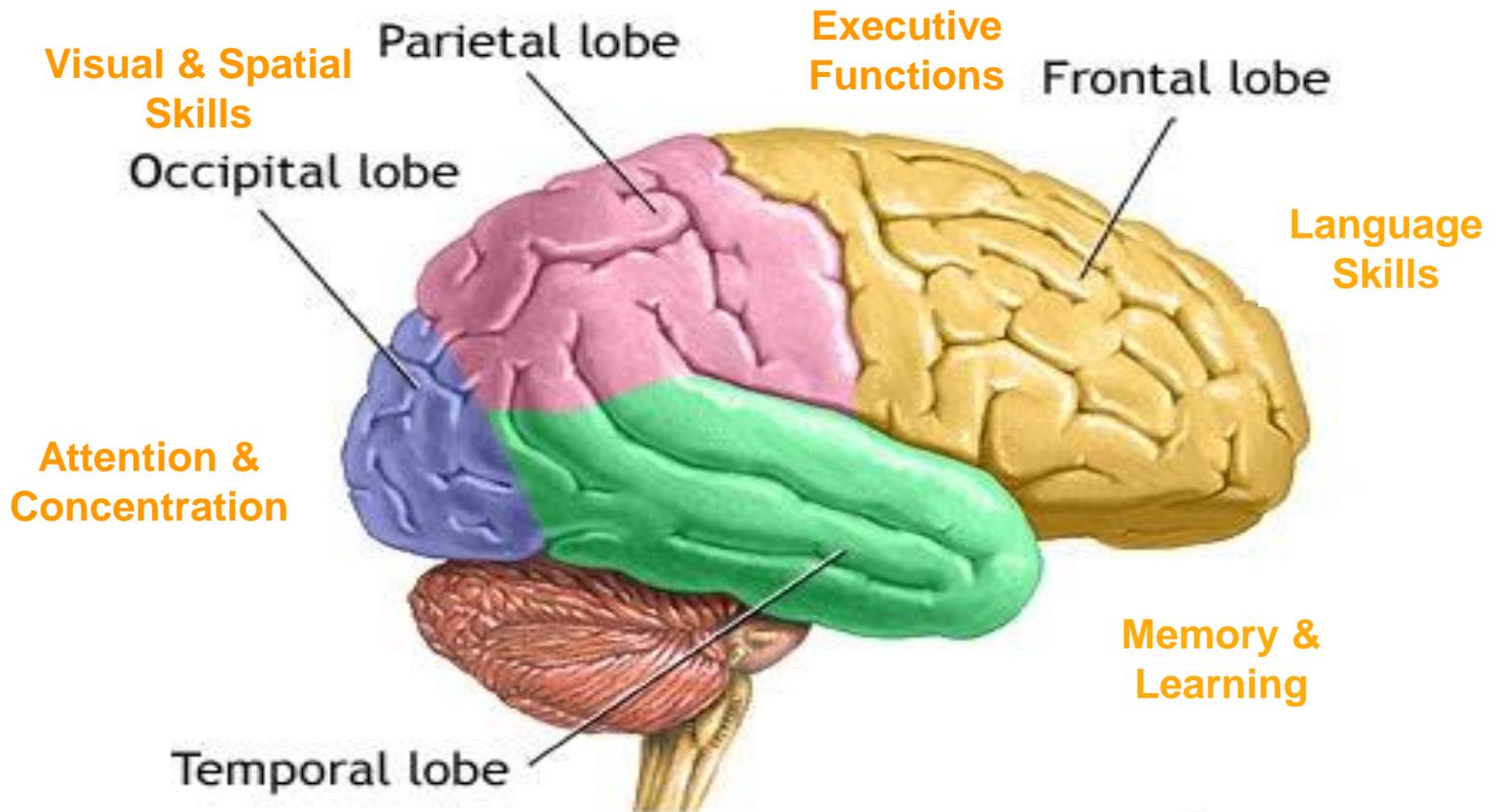


Your brain is the single greatest system ever designed in the history of the universe. It is responsible for your every thought, emotion and behavior.

Brain Facts and Research

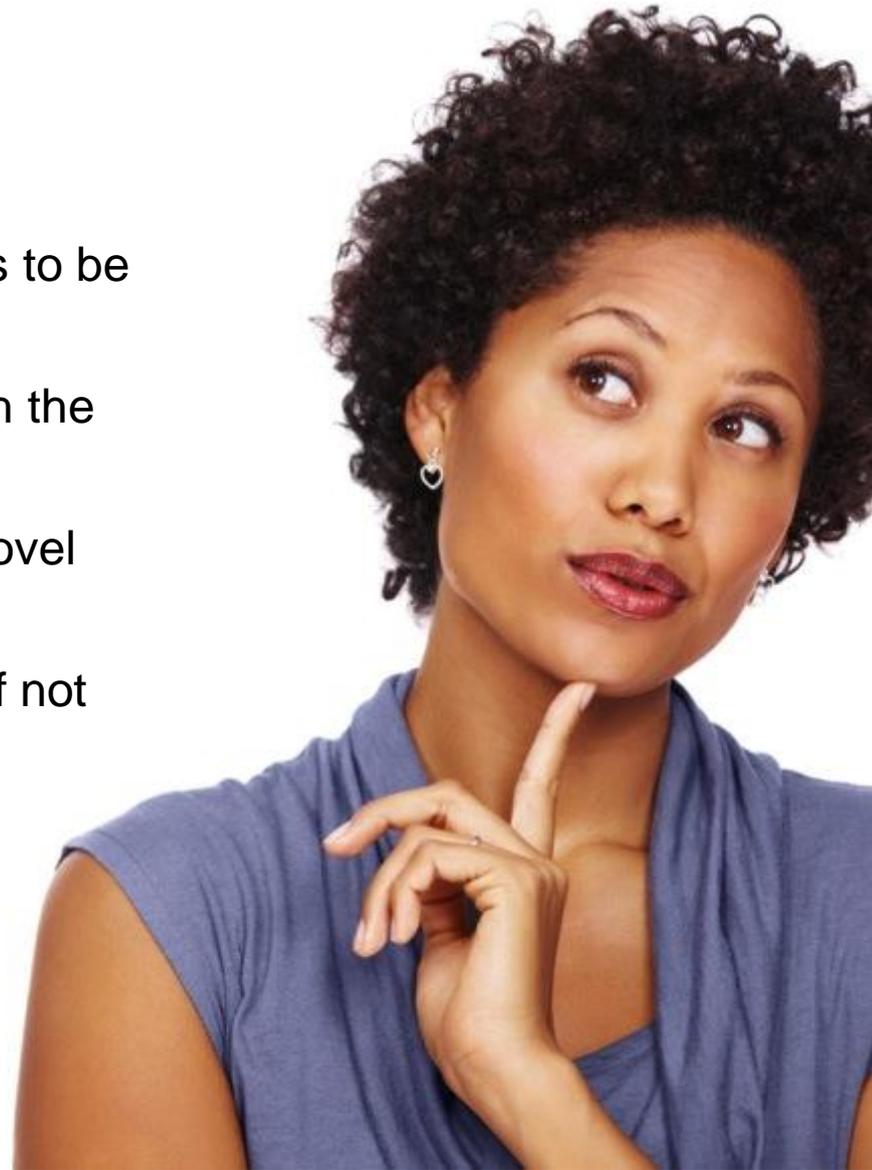
- 60% fat
- 2% of body weight, yet consumes 20% of body's energy
- Adult brain weighs 2-4 lbs.
- **Consumes 25% of blood from every heartbeat**
- Gets about 8 gallons of blood an hour
- Needs 8 – 12 gasses of water per day
- Uses one-fifth of body's oxygen

Your Brain's Five Major Functions



Did You Know?

- Brain health begins in the womb and needs to be promoted across the lifespan.
- The brain can generate new brain cells with the right stimulation
- Environments that are rich, complex and novel help the health of your brain
- After age 30 your brain can start to shrink if not stimulated
- After 12 to 20 minutes of sitting, your brain prepares for sleep.



Maximize Brain Health



Five Critical
Domains to a
Healthy Brain

01

Socialization

02

Physical Activity

03

Mental Stimulation

04

Healthy Diet

05

Spirituality

Socialization

It's vital to brain health to remain active in your community and avoid isolation in its many forms.

- **Maintain a network of friends**
- **Get involved in clubs/groups**
- **Volunteer**
- **Cook healthy food with others**
- **Travel/take vacation days as necessary**
- **Make phone calls**
- **Find a walking buddy at work**
- **Favorite t-shirt day**
- **Hat day**
- **Bulletin board contest**
- **Healthy pot-luck day**



Physical Activity

Just 30 minutes a day can...

- Increase levels of: Neurotransmitters Dopamine, Serotonin, Norepinephrine
- Cause nerve cells to multiply and strengthen (neurons are more protected from harm)
- Fuel the brain with oxygen and nourishment (25%!)
- Boost the immune system
- Decrease stress and anxiety, burn calories, make you feel good...



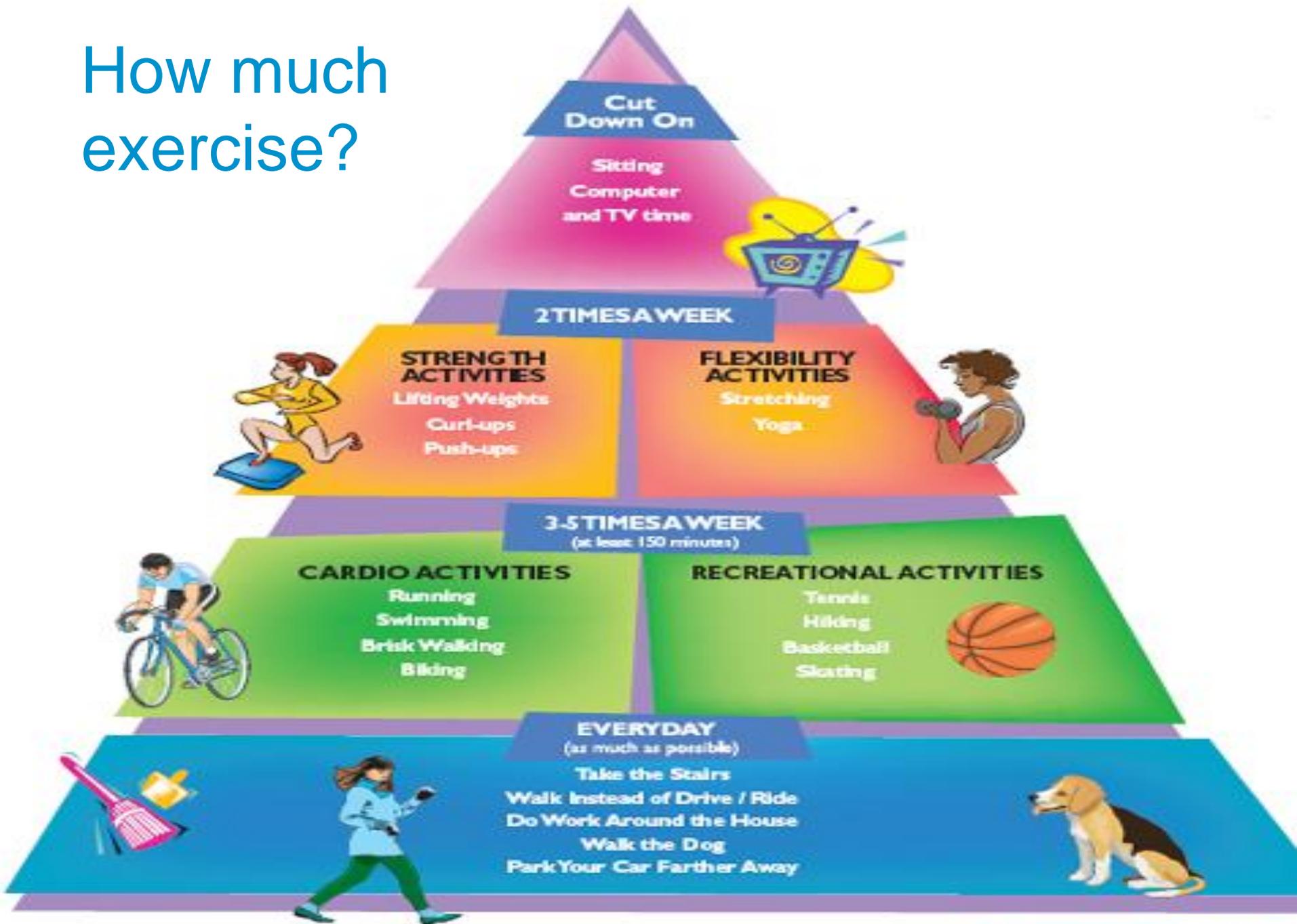
Physical Activity

Over time, exercise can ...

- Sharpen thinking to improve learning
- Lift mood to help prevent and manage depression
- Boost memory
- Improve overall body image
- Nourish brain and lead to better chance of cognitive and emotional health
- Help prevent heart disease (including CAD) and Type II Diabetes
- Help achieve overall better brain health!



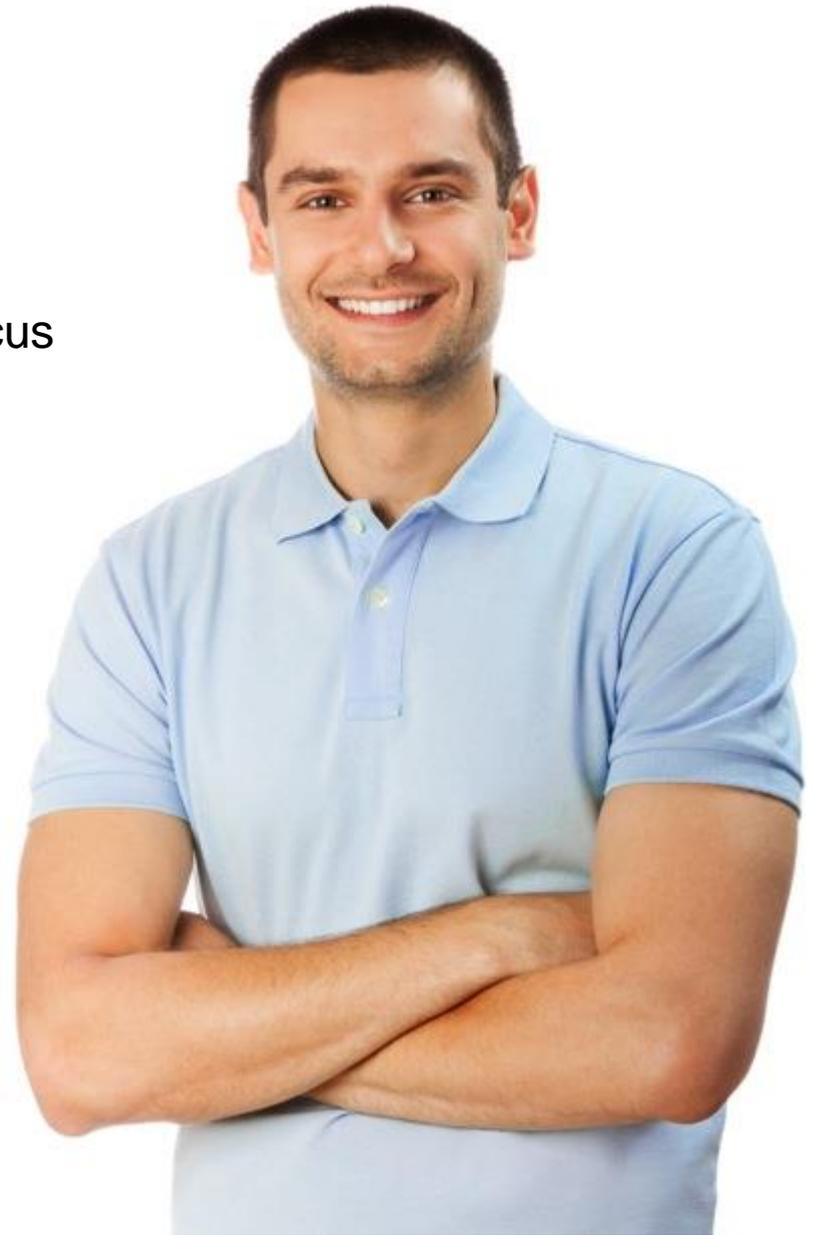
How much exercise?



Mental Stimulation

Simple mental activities that challenge and focus your brain helps to build “brain reserve”.

- Read, write and speak daily
- Learn a new language
- Embrace education
- Find a new hobby, or re-learn old favorites
- Play games
- Think and problem solve
- Take a vacation somewhere new
- Create...



Mental Stimulation

A mental stimulation break not only gets your brain refreshed but helps rejuvenate your body as well.

- Stand Up - Sit Down
- Seated Yoga
- Deskercise
- Seated Stretch



Enjoy a Healthy Diet

- Food fuels our body's everyday processes and movements
- The quality and quantity of food we put in our bodies is imperative to good health
- The amount you eat should depend on your age, sex and activity level
- Limit trans fat, high sodium and cholesterol foods
- Eat a variety of foods from all groups



Enjoy a Healthy Diet

How much per day?

- 2 cups Fruit
- 3 cups Veggies
- 5-6 oz of Protein
- 5-6 oz of Grains (make at least half, whole!)
- 3 cups of Dairy

Eat Foods that Contain a High Amount of Nutrients:

- Antioxidants
- Omega-3
- Colorful fruits and veggies!

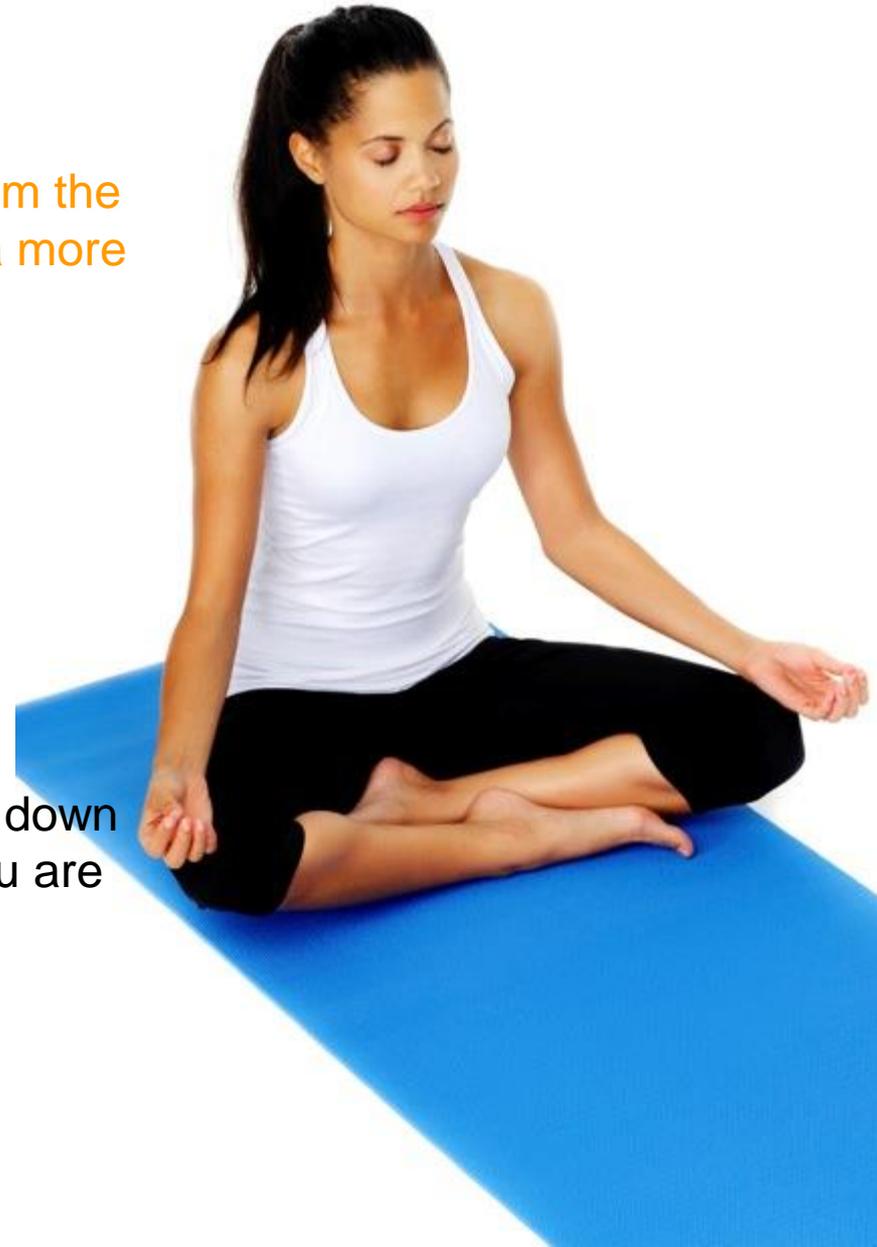
Stop Smoking!



Spirituality

Spirituality involves turning inward away from the material world and its hurried demands to a more peaceful existence

- Prayer
- Meditation
- Yoga
- Quiet contemplation
- Nature walks
- Any other relaxation that helps you slow down and connect with the essence of who you are and what you value in life



Life Balance



Incorporate the Five
Critical Domains to
Brain Health

01

Attitude

02

Communication

03

Explore Stress
Management Options

04

Understand Process
of Change

05

Apply Strategies for
Change

Memory 101

Notice intention increases retention

Emotion is the potion

Visualization: a picture in your mind creates a memory you can find

Exercise and eat right: body and brain are yours to train

Rest: memories go deep when you get enough sleep

Free yourself from stress: lower stress for memory success

Organization: put information in it's place for a strong memory trace

Rehearsal is a way to help memories stay

Guard Your Brain: avoid pain and protect your brain

Enrich Your Brain: new directions create new creations

Teach: Share what you know and the memories will grow





Questions?

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Resources

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