



## Wellness Tip Brain Health

People aged 65 and older have a greater risk for developing Alzheimer's Disease. These tips can help improve and maintain healthy brains and bodies:

- \*Develop a healthy attitude - Always try to look some good in everything and everybody.
- \*Exercise regularly - Studies show that a 30 minute walk each day is optimal.
- \*Flex your mind - Learn new things and take new mental challenges throughout life.
- \*Maintain social contacts - Loneliness can be deadly for older people. Friends will stimulate the brain and the soul.
- \*Stay psychologically fit - If you think you may have depression, see your physician
- \*Quit smoking
- \*Stay trim - Obesity in older persons can increase health problems and the risk for dementia
- \*Limit alcohol - alcohol damages the heart, liver, muscles and nerves and can lead to falls
- \*Understand your medication - ask questions about side effects
- \*Watch your diet - Eat a balanced diet and take a vitamin and calcium supplement
- \*Find a doctor you trust and take your doctor's advise
- \*Spiritual Fitness - can reduce physical health problems
- \*Control your future - have advance directives and talk to your family about your wishes
- \*Enjoy your life - Humor and joy will lift your spirit, strengthen your body and feed your soul

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