



Five Pillars of Brain Health

AARP[®]
Real Possibilities

Disclaimer

This session is intended to be informational and educational and DOES NOT constitute medical advice, diagnosis or treatment.

You should always seek the advice of a physician or other qualified health care provider for diagnosis and treatment of your specific medical needs, for questions regarding personal health or medical conditions, and before beginning or changing any treatment, activity, program or dietary plan.

AARP is not responsible for the consequences of any decisions or actions taken in reliance upon or as a result of the information provided during this event.

Brain Health

GOOD NEWS

Regardless of our age, we can reduce the chance of age-related diseases & optimize our chance of maintaining cognitive health.

60-Minute Overview

Today, we'll discuss the five pillars of brain health:

1 Discover

2 Connect

3 Move

4 Nourish

5 Relax

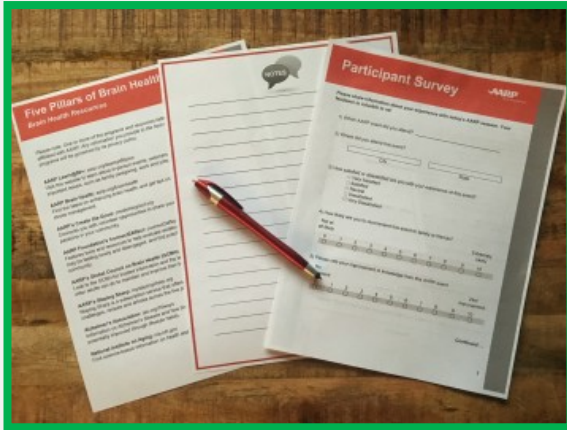
Importance of Brain Health

Why is brain health more important than ever?

- Life expectancy
- Rethinking retirement
- Skyrocketing health care costs
- Current brain research

Materials

At your seat, you should find:



- Brain Health Resources Handout
- Pen & Notes Handout
- Survey

Learn New Things

- Challenge your brain in new ways
- Exercise your brain
- Pursue new interests
- Stay curious
- Challenge your thinking



Challenge Yourself



- Take or teach a class
- Learn a new language, dance or musical instrument
- Try complex arts & crafts
- Play challenging card or board games

Share Your Tips

How are you learning new things?



Stay Socially Engaged



- Stay engaged with friends, family & community
- Avoid isolation
- Enjoy the companionship of a pet
- Volunteer

Get Involved

- Join a club or participate in sports
- Attend community events
- Consider adopting a pet or pet sitting
- Volunteer with a local non-profit



Share Your Tips

How do you stay socially engaged?



Exercise

- Get a least 150 minutes of exercise each week
- Physical activity helps:
 - Repair & protect brain chemicals
 - Increase circulation
 - Reduce anxiety & improve sleep
 - Reduce the risk of diabetes, heart disease, depression & stroke



Talk to a health care provider before you start a new exercise program.

Get Active

- Walking
- Dancing, Running, Swimming, Biking
- Strength Training
- Tai Chi, Yoga



Share Your Tips

What are some ways you move & get exercise?



Eat A Brain-Healthy Diet



- Eat less meat & sweets
- Consume more:
 - Fish & seafood
 - Nuts
 - Beans
 - Grains
 - Leafy green vegetables
 - Olive oil

Brain-Healthy Foods



- Kale, spinach & broccoli
- Whole berries
- Vinegar, lemon, herbs & spices
- Salmon & sardines
- Walnuts & almonds

Share Your Tips

What do you eat as part of a brain-healthy diet?



Sleep & Reduce Stress



- Get enough sleep
 - Maintain regular sleep intervals
 - Adjust caffeine use
 - Reduce exposure to light prior to sleep
- Take time out to reduce stress
 - Exercise
 - Meditate
 - Practice Tai Chi or Yoga
- Laugh & smile

Better Rest & Relaxation



- Avoid TV & other electronics prior to sleep
- Eat well
- Exercise
- Practice stress reduction activities
- Laugh often

Share Your Tips

What do you do to sleep better & reduce stress?



Controlled Breathing Exercise



Risks or Threats to Brain Health

-  Smoking
-  Depression
-  Certain medication
-  Hearing & vision loss
-  Heart disease

Tips for Improving Memory

- Pay attention
- Avoid multi-tasking
- Establish a routine
- Take breaks
- Use calendars, reminders & alarms



Boost Your Brain in 24 Hours

- Be mentally, physically & socially active with special attention to diet, better sleep & stress reduction
 - Upon waking?
 - In the morning?
 - Lunch?
 - Early afternoon activity?
 - Late afternoon?
 - Dinner?
 - Evening hours?

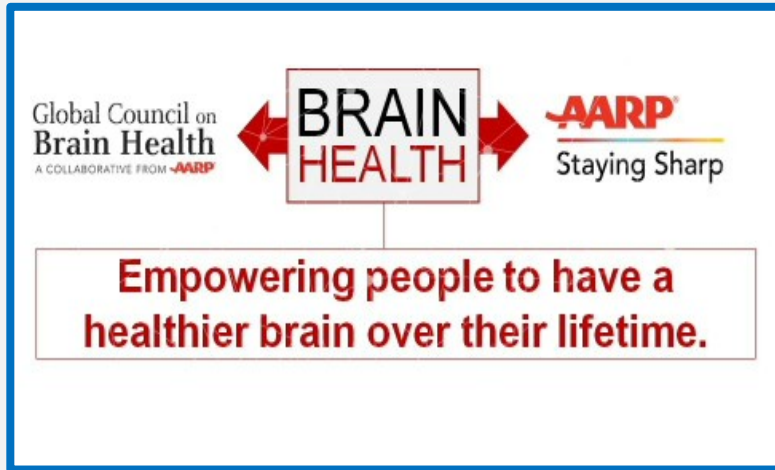
What Can You Do Today?

- Pick one thing you can do that may help your brain
- Think of small, first steps such as:
 - Take a 10-minute walk
 - Add one serving of vegetables
 - Make an appointment for a health screening or physical exam
- Write down what you will do & when
- Get support from family, friends or community groups

Resources

AARP Brain Health

aarp.org/brainhealth



The image shows the AARP Brain Health logo. On the left is the logo for the Global Council on Brain Health, a collaborative from AARP. In the center, the words "BRAIN HEALTH" are written in a large, bold, sans-serif font, with "BRAIN" above "HEALTH". Two red arrows point outwards from the central text. To the right is the AARP logo with the tagline "Staying Sharp". Below the logo is a white box with a red border containing the mission statement: "Empowering people to have a healthier brain over their lifetime."

AARP Learn@50+

aarp.org/learnat50plus



The image is a screenshot of the AARP Learn@50+ website. The top navigation bar is red with the AARP logo and links for "PROGRAMS", "SERVICES", and "ABOUT US". The main header features a background image of a human brain with the text "Learn@50+SM" and "Workshops • Events • Webinars • Life Skills". Below the header, there are three featured content cards: "KNOW YOUR SOCIAL SECURITY BENEFITS", "FIND YOUR CAREGIVING ANSWERS", and "LEARN SOMETHING NEW!". Each card has a "LEARN MORE" button.

Survey

**We welcome your feedback
on our session.**

Please complete the survey!





**Thank You For
Joining us!**

AARP[®]
Real Possibilities