

# Fit Brain Fit Life

## A SMART Workout to Keep Your Brain Young



We seem to know how to help prevent fine lines, wrinkles, sagging skin, offering the opportunity to reverse the physical signs of aging. Just as our skin changes with age, so does the brain. An anti-aging program for the skin can turn back the clock, but what can we do to keep our brains young?

### Be SMART!

Mental decline is becoming more and more common. In fact, studies indicate that dementia has replaced cancer as the most feared disease connected to aging. But the loss of mental functions and cognition doesn't have to be inevitable. A fit brain means a fit life, and like any lifestyle improvement, it starts with small effective changes. Integrate some new experiences into your daily routine and give your brain a mini workout to promote brain health and keep your brain fit and young!



**SIMPLE GAMES** – A rotation of mental activities can help to keep your brain sharp and young. A study in the Journal of Geriatrics showed that brain games such as crosswords/sudoku, chess and cards helped improve cognition, memory, and processing.



**MAPPING** – Mind maps mimic the way that the brain naturally thinks. A combination of words, graphics, numbers, and colour stimulates memory. To learn how to create a mindmap: <https://lifelifehacker.com/how-to-use-mind-maps-to-unleash-your-brains-creativity-1348869811>



**ARTS** – Creating complex patterns in knitting or sewing works areas of the brain connected to attention, creativity, and problem solving - ideal for the aging mind. Music is architectural. Movement from one note to the next challenges the brain to make sense of what it's hearing and create a structure. Listening to a new genre of music is a workout for the brain!



**RECALL** - Make a list of grocery items, or duties for the day. Memorize it and attempt to recall as many items as possible one hour later. For greater mental stimulation, list things that are unfamiliar. Studies have found a protein linked to memory loss that indicates memory is a biochemical "use it or lose it" trait. A regular practice of recall will help to keep your brain challenged and young!



**TAKE A BREAK** – Even at rest, brain mechanism's can be engaged. Studies show that rest periods may improve memory and enhance learning while allowing for relaxation and reflection.

#### Sources:

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