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Healthy Body, Healthy Mind – The key for a healthy life

Does the use it or lose it concept fit
with maintaining or enhancing
cognitive ability as we get older?



Experience. The Difference.



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Exercise and wellbeing – what we know

- Overwhelming evidence that regular physical activity has important and wide ranging health benefits.
- Strong evidence that activity delays cognitive decline and is good for brain health.



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The human brain

- Consists of billions of brain cells (neurons)
- These neurons are responsible for the trillions of connections across the brain and with the body.
- The brain's processing ability declines with age i.e. from our 20s!
- However our brain has stem cells whose function is to proliferate and regenerate over time.





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Brain training to improve cognitive function

- Process information quickly
- Complete more decision cycles in a set amount of time
- Perform multiple tasks simultaneously
- Retrieve old information more rapidly
- Learn new information more easily
- Concentrate in the presence of distractions



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Elementary Cognitive Tasks

Also known as Brain Speed Training Exercises

- They provide a brain workout in the same way gym equipment provides a physical workout for the body.
- Each of these exercises isolates a specific region of the brain and by pushing us to respond rapidly to the random stimuli contained in the exercise we increase the delivery of oxygen, blood flow and nutrition to that part of the brain.
- The end result is more neurons, more neural connections and better cognitive functioning.



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Brain Fitness Games

- MyBraintrainer.com (online)
- Lumosity.com (online) www.lumosity.com
- Brain Fitness program (computer game)
- Wii and Nintendo Brain Age games (computer games)





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Alternatives to Brain Games that don't cost \$\$\$\$\$

- Visit www.aarp.com/health for 50 Ways to Boost Your Noodle. Want to keep your brain in shape? Work it, they recommend the following
 - Dancing
 - Reading
 - Social outings
 - Studying e.g. learning a new language
 - Solving puzzles such as
 - Sudoku
 - Crosswords

