

## Steps to Healthy Aging

- Normal aging does not have to mean forgetfulness and memory loss.
- Studies have shown that staying physically active reduces the risk of Alzheimer's disease, stroke and bone loss caused by osteoporosis.
- Daily exercise of only 30 minutes can improve blood flow to the brain and aerobic exercise, like brisk walking, swimming or bicycling increases stamina and endurance as well as mood.
- At any age the brain can continue to absorb new information, make new connections and acquire new skills which all help to enhance memory. Learning new things creates excitement, which helps to keep your mind active and sharp.
- At any age you can learn to play a musical instrument, learn a foreign language, start a new hobby like gardening, bird watching, stamp collecting or ballroom dancing.
- Social interaction is key to the human experience; it also is key to keeping the mind sharp. This can be accomplished by seeking out positive social interaction, through volunteering, and staying active in the lives of friends and family.
- Essential to healthy aging is good nutrition, a well balanced diet that includes fruits, vegetables, breads and cereal which contain folic acid, B12 and thiamin support a healthy memory.
- Antioxidants including Vitamin E have shown to improve the memory and cognitive functioning of older adults. The old wives tale, that fish is brain food, actually has some basis in reality as certain compounds in fish can aid memory and concentration.
- Normal aging can make the mind less efficient, which can lead to feelings of frustration and stress. Stress and anxiety can interfere with your ability to concentrate, which in turn can lead to memory lapses.
- Learning basic breathing and relaxation techniques can help open your mind and your memory.
- Water is an essential part of humans and an essential part of memory. Lack of water leads to dehydration, which can lead to feelings of fatigue and make it harder to concentrate. Choose water over sodas and coffee that can leave you more dehydrated, and less mentally fit.
- A positive attitude leads to more focus, which leads to increased energy and alertness.
- Games like scrabble and chess keep the mind alert and problem solving abilities sharp. Crossword puzzles and other mind games, as well as reading, help you to use both short term and long term memory; keeping the mind healthy.



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