

## 6 Pillars of Brain Health

Physical Activity	150-300 minutes per week – aerobic
Food We Eat	MIND or Mediterranean Diet
Sleep	Restorative Sleep 7-9 Hours
Cognitive Activity	Daily, Challenging, New
Social Activity	Enjoy time with others
Stress Reducing Activity	Unwind and relax activities

### MAJOR RISK FACTORS FOR DEMENTIA/ALZHEIMER'S

<b>MODIFIABLE</b>		<b>LIFESTYLE CONTROL</b>
DEPRESSION	85%	Less Education
Hypertension	81%	Hearing Loss
Obesity	60%	Hypertension
Smoking	59%	Obesity
High Cholesterol	54%	Smoking
Diabetes	47%	Depression
Inflammation	45%	Inactivity
Physical Inactivity	39%	Isolation
Kidney Dysfunction	39%	Diabetes
Heart Disease	36%	

## Why Exercise?

- More activities mean more blood flow
- Higher exercise means increased brain health, blood flow
- Improves cardiorespiratory fitness
- Improves depression anxiety and stress
- Reduces blood pressure, improve sleep
- Improves weight management, appetite control

Continue to grow new brain cells and more synapse connections throughout life.  
Amyloid buildup is less if you are active

## SLEEP BENEFITS

- Improved mood, reduced stress
- Lower high blood pressure
- Lower heart disease
- Helps with weight management
- Increase immune system function
- Reduces inflammation
- Improves learning and memory, decision making, puts memories in storage, cleans out protein buildup

## STRESS

Fight or flight

Motivation to achieve goals

No relief results in:

- Increased cortisol (fat storage hormone)
- Increased inflammation
- Metabolic disruption
- Changes in blood vessel walls

REPETITIVE NEGATIVE THINKING – worry, mulling it over and over fosters cognitive decline

## HOW DO I BEGIN?????

**Exercise** - “Sitting is the new Smoking.” Sitting, watching TV, reading has a cost

Set realistic exercise goals. Increase intensity and time, duration

Brisk walking – 60 minutes a week or 40 minutes 3X a week will refresh the white matter in your brain, you perform better on cognitive exams, more success on memory tests

**Eating** - Don't stress eat. Make healthy foods

Less healthy choices are highly processed, beverages with high sugar

Try more salads, vegetables, and fruit

MIND lifestyle (Mediterranean and DASH diets)

**Sleep** – reduce blue light activities. This fools your eyes into thinking it's still daylight

Alcohol interrupts sleep, limit fluids before bed

Keep bedroom cool and dark

Get up at the same time, change your bedtime

**Activity** – Enjoyable but challenging, social, or volunteer

Daily intentional activity to unwind

Mindfulness, art, music, pets, walking, grateful journal

DO SOMETHING, Action leads to Inspiration to motivation to more Action cycle by Mark Manson

Aware and purposeful of what and why we do things.

2-3 Healthy behaviors lower your Alzheimer Risk by 37%

4-5 healthy behavior changes lower your Alzheimer Risk by 60%

WI Alzheimer's Research Center

[Prevention | Alzheimer's Disease Research Center \(wisc.edu\)](http://www.adrc.wisc.edu/prevention)

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