

Engaged Aging: Building Fitter Brains

Abstract: Many authorities agree our country is facing a brain fitness dilemma. As a result of the mind-body connection, many Americans are at risk from a number of health issues due to a neglect of brain fitness. These risks include a decline in health status from being overweight or obese and from increases in serious chronic illnesses, such as Type II diabetes, which can cause increased levels of sugar in the brain. In addition, increasing evidence of sedentary lifestyles and longer living appears to increase the risk and the incidence of dementias, chronic illnesses and mental disorders.

Presentation Description: This interactive presentation will demonstrate how brain fitness encompasses mind, body and lifestyle modifications. Brain fitness programs do not have to rely on a computer or be expensive to be effective. Their benefits extend far beyond personal value, because society benefits from improvements to the mind-body connection which results in health status improvements.

Learning Objectives:

1. Attendees will participate in a variety of easy to perform cognitive and physical exercises which can be incorporated into an older adult brain fitness program.
2. Attendees will explain the three reasons why every older adult should engage in a brain fitness program.
3. Attendees will identify five introductory suggestions to incorporate with their participants prior to beginning a brain fitness program.