

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:™



QK Consulting

Healthy Cognitive Aging

QuinnKennedy@qkconsulting.org

<https://www.qkconsulting.info>

Links to helpful websites

Osher Lifelong Learning Institute

- Courses geared towards those 50 years and older:

<https://www.osherfoundation.org/olli.html>

AARP

- Topical information relevant to those 50 years and older:

<https://www.aarp.org/>

National Institute on Aging:

- Easy to read blurbs on recent cognitive aging findings:

<https://www.nia.nih.gov/health/cognitive-health>

- Free fact sheets and booklets on aging:

<https://order.nia.nih.gov/>

- Information on Alzheimer's disease and related dementias:

- <https://www.nia.nih.gov/health/alzheimers>

- Information on caregiving

<https://www.nia.nih.gov/health/caregiving>

Alzheimer's Association:

- Easy to read information on Alzheimer's disease and dementia, current treatments, and local resources:

<https://alz.org/>

Memory Evaluation Centers:

Below is a list of a few of the many centers that provide comprehensive evaluations for memory and cognitive impairments:

- NYU Pearl I. Barlow Center for Memory Evaluation and Treatment:

<https://nyulangone.org/locations/pearl-i-barlow-center-for-memory-evaluation-treatment>

- Mayo Clinic, multiple locations:

<https://www.mayo.edu/research/centers-programs/alzheimers-disease-research-center/patient-care/clinical-services>

- Northwestern Medicine Neurobehavior and Memory Clinic:

<https://www.nm.org/conditions-and-care-areas/neurosciences/neurobehavior-and-memory-clinic>

- Stanford/VA Alzheimer's Center:

<http://www.med.stanford.edu/svalz.html.html>

Alzheimer's Disease Research Centers:

- Information on how to participate in Alzheimer's disease research studies:

<https://www.nia.nih.gov/health/alzheimers-disease-research-centers>



QK Consulting

Healthy Cognitive Aging

QuinnKennedy@qkconsulting.org

<https://www.qkconsulting.info>

Mediterranean – DASH Diet Intervention for Neurodegenerative Delay (MIND)

A diet that combines aspects of the Mediterranean and DASH (Dietary Approach to Systolic Hypertension) diets. Based on multiple scientific studies that demonstrate positive links between certain food groups and neurocognition, it emphasizes consumption of 10 brain healthy food groups and limited consumption of 5 brain unhealthy food groups. The table below lists the food groups, examples of food groups when needed, and how often each food group is consumed. Higher points indicate greater adherence to the MIND diet, with a maximum score of 15. **Consult with your physician before beginning this diet as some food groups that are important for aging bodies are not listed, such as healthy forms of dairy and fruit.**

Food Group	Examples	Point category		
		0	.5	1
Green leafy vegetables	Kale, collards, greens, spinach, lettuce, tossed salad	≤2 servings/week	>2 to < 6 servings/week	≥ 6 servings/ week
Other vegetables	Green/red peppers, squash, carrots, broccoli, celery, potatoes, peas, lima beans, tomatoes, tomato sauce, string beans, beets, corn, zucchini, summer squash, eggplant,	<5 servings/week	5 to 6 servings/week	≥1 serving/day
Berries	Strawberries, blueberries	<1 serving/week	1 serving/ week	≥2 servings/ week
Nuts	Walnuts, almonds, peanuts, pistachios	<1 serving/ month	1 serving /month to 4 servings /week	≥5 servings/ week

Olive oil		Not the primary oil used		Primary oil used
Butter, margarine		>2 Tbsp/day	1 – 2 Tbsp /day	< 1 Tbsp /day
Cheese		7+ servings/ week	1 – 6 servings/ week	< 1 serving/ week
Whole grains	Oats, barley, quinoa, brown rice, whole grain bread, whole grain cereals	<1 serving/ day	1- 2 servings/ day	≥3 servings/ day
Fish (not fried)	Tuna sandwich, fresh fish as main dish	rarely	1 – 3meals/ month	≥1 meal/week
Beans	Lentils, soybeans	<1 meal/ week	1 – 3 meals/ week	3 meals/ week
Poultry (not fried)	Chicken or turkey sandwich, chicken or turkey as main dish	< 1 meal/ week	1 meal / week	≥2 meals/ week
Red meat and products	Hamburger, beef taco/ burrito, hot dog, sausage, deli meats, lamb, pork, or ham as main dish, meatloaf, meatballs	7+ meals/ week	4 - 6 meals/week	< 4 meals/ week
Fast fried foods	French fries, chicken nuggets	4+meals/ week	1 – 3 meals/ week	< 4 meals/ week
Pastries and sweets	Biscuits, rolls, cake, snack cakes, Danish, donuts, cookies, brownies, pie, candy bars, other candy, ice cream, pudding, milk shakes	7+ servings/ week	5-6 servings/week	< 5 servings/ week
Wine		>1 glass/ day or never	1 glass/ month to 6 glasses/ week	1 glass/day

Adapted from: Morris, M., Tangney, C., Wang, Y., Sacks, F., Barnes, L., Bennett, D., & Aggarwal, N. (2015). MIND diet slows cognitive decline with aging. *Alzheimer's and Dementia*, 11(9), 1015- 1022.



QK Consulting

Healthy Cognitive Aging

QuinnKennedy@qkconsulting.org

<https://www.qkconsulting.info>

We translate current scientific findings on adult cognitive aging into easy to understand concepts. We provide evidenced-based tips you can use to help maintain good cognitive function during the retirement years.

From our presentations and workshops, you will learn how to:

- Actively participate in your cognitive aging process
- Help maintain good cognitive function as you age
- Take advantage of free resources about healthy aging
- Receive regular scientific updates on cognitive aging

From our consulting services, your business can:

- Incorporate lifestyle activities that benefit clients' cognitive function into your business model or mission
- Assess the effect of your business products or programs on clients' cognitive function
- Provide an online webinar series on maintaining cognitive function to your clients.

For more information, contact Dr. Quinn Kennedy at quinnkennedy@qkconsulting.org

About the CEO: Dr. Quinn Kennedy earned a PhD in Psychology and completed postdoctoral training in Cognitive Aging, both at Stanford University. She has over 20 years of research experience in investigating factors that affect older adults' decision making, memory and performance. Dr. Kennedy's research has been recognized through multiple awards, grants, and peer reviewed journal publications including *Psychological Science*, *Psychology of Aging*, and *Journals of Gerontology*. With her collaborators, her work has been featured on Channel 2 news, *NPR*, *The New York Times*, *San Francisco Chronicle*, and *Science*. Dr. Kennedy is a popular speaker on healthy cognitive aging with audiences from around the world and has consulted with businesses that include startups and financial planning services.