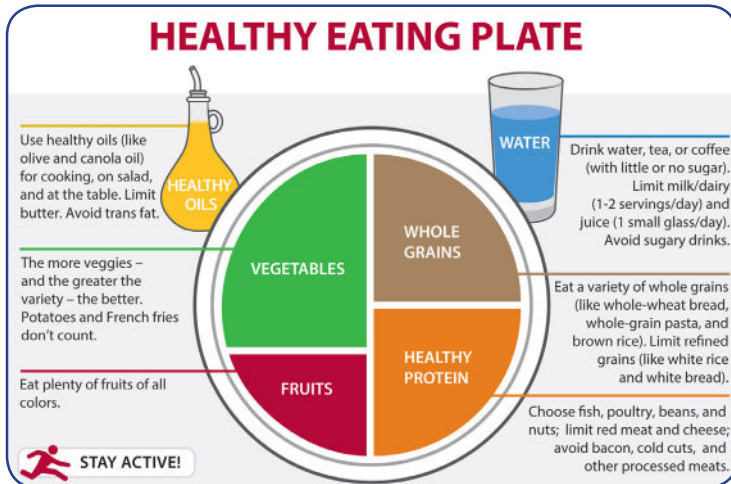


A Guide to Healthy Aging

What You Should Eat



The Mediterranean Diet

The Mediterranean diet has been linked to promoting brain and heart health. A heart healthy diet is also a brain healthy diet! An analysis of more than 1.5 million healthy adults demonstrated that the Mediterranean diet was associated with a reduced risk of heart failure, stroke, cancer, Alzheimer's disease and Parkinson's disease. The diet is characterized by high intakes of fish, vegetables, legumes, fruits, whole grains and unsaturated fatty acids. Conversely, low intakes of dairy products, red meat and saturated fats and moderate alcohol consumption are recommended.

What about vitamins?

The recommendation of the Penn Memory Center is to take a daily multivitamin. However, healthy eating is still essential, as multivitamins cannot take the place of eating a variety of foods that are important to a healthy diet.

What does this look like in your diet?

- Eat fish and poultry at least two times per week.
- Eat red meat no more than a few times per month.
- Spice it up! Herbs and spices make food tasty and are also rich in health-promoting substances.
- Pass on the butter. Try olive or canola oil as a healthy replacement for butter or margarine.
- Go nuts. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack.



Grocery list ideas for a Mediterranean Diet

Plan your weekly shopping and meal plans around the Mediterranean diet. For example, a week may be planned around two fish meals, two poultry meals, two vegetarian-based meals and a single meal with red meat. You can increase your intake of vegetables if portions of meat are reduced. Focus on whole grains like whole wheat bread and brown rice, fruits and vegetables, healthy oils and fats like extra virgin olive oil and avocados, and nuts and seeds. Stick to low-fat dairy like skim milk or low-fat yogurt. For main courses focus on chicken, turkey, fish or seafood.

For more useful information, visit
www.pennmemorycenter.org





AS WE AGE, AN ACTIVE LIFESTYLE + REGULAR EXERCISE = BETTER BRAIN FUNCTION



Experts agree...

Regular exercise added to an active lifestyle
ALSO helps your mind stay fit



HERE'S WHAT YOU CAN DO...

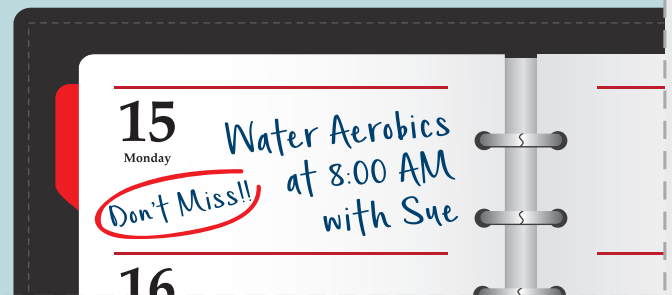
Move more throughout the day

elevator 

stairs 



Make concrete plans to move your body



Add regular exercise

Aerobic

◀ **2½ hours**
A WEEK

enjoy a moderate-intensity aerobic activity!



Strength ▶
2+ day
A WEEK

tone and strengthen those muscles



Do more of what you love to do now or try something new with others



Global Council on
Brain HealthSM

A COLLABORATIVE FROM **AARP**[®]

The Brain Body Connection: GCBH Recommendations on Physical Activity; www.globalcouncilonbrainhealth.org

Contact: Nick Barracca at nbarracca@aarp.org

Consult your doctor before starting a new exercise regimen.

For more brain health tips see www.stayingsharp.org

SLEEP IS VITAL TO THE AGING BRAIN, INCLUDING COGNITIVE FUNCTION EXPERTS AGREE...



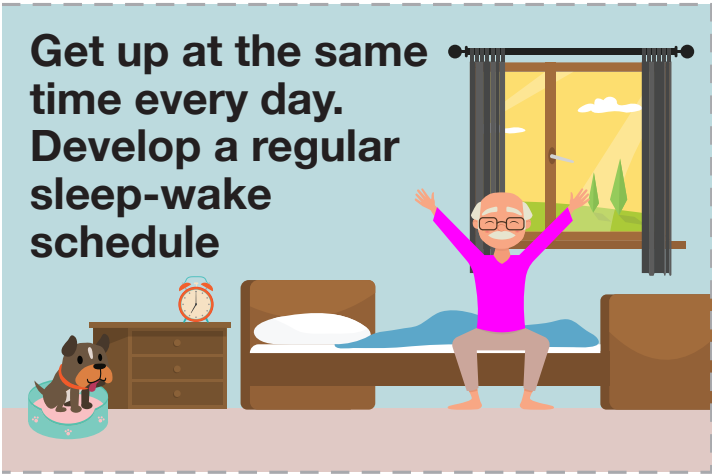
Get 7 to 8 hours of sleep in a 24-hour period



Exercise. Regular physical activity promotes good sleep



Get up at the same time every day. Develop a regular sleep-wake schedule



Keep the bedroom dark, quiet, and at a comfortable temperature



Limit use of bedroom for sleep



Expose yourself to light during the daytime



A Guide to Healthy Aging



What You Should Do

Physical Exercise

It has been proven that exercise is the most powerful intervention in improving cognition in older adults. Staying physically fit helps improve cognitive function by improving the ability to shift quickly between tasks, plan an activity and ignore irrelevant information.

- **Endurance:** Exercises like brisk walking, dancing or hiking improve the health of your heart, lungs and circulatory system. They can make daily activities easier, such as climbing a flight of stairs.
- **Strength:** Strength training—like lifting weights or using resistance bands—can increase muscle strength and help with everyday activities like carrying groceries.
- **Balance:** Balance exercises, such as standing on one leg or doing tai chi, can make it easier to walk on uneven surfaces and help

prevent falls.

- **Flexibility:** Stretching exercises can help your body stay flexible. They give you more freedom of movement for daily activities, such as bending to tie your shoes.

How much exercise is healthy?

Exercising 30 minutes a day for 3 or 4 days a week is recommended in moderate or vigorous intensity.

- **Moderate intensity:** Activities such as brisk walking are moderate intensity activities. An increased heart beat and breathing harder than normal are signs of a moderate intensity activity. Individuals can talk, but not sing, during the activity.
- **Vigorous intensity:** Individuals will feel these as being much faster and harder than normal (example: jogging). They cannot say more than a few words without pausing for a breath

The combination of a Mediterranean diet and physical exercise with social engagement—and keeping mentally active—is more effective than any of these factors alone.



For more useful information, visit
www.pennmemorycenter.org

 **Penn Memory Center**
UNIVERSITY of PENNSYLVANIA HEALTH SYSTEM