

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

APRIL 9, 2018

KEEP YOUR BRAIN HEALTHY!

FIRST OF ALL, LET'S COMPENSATE FOR FORGETFULNESS AND ELIMINATE THE FACT THAT WE MIGHT DO EXACTLY THAT BEFORE WE LEAVE TONIGHT...OUR "NO!" FOOD FOR THIS WEEK: NO SNACKING AGAIN!!

LET'S TALK ABOUT TAKING CARE OF OUR BRAINS. SCIENCE HAS (FAIRLY RECENTLY) DISCOVERED THAT YOU CAN, INDEED, LOWER YOUR RISK OF PROBLEMS BY BECOMING MORE AWARE OF (AND PRACTICING!) SOME SIMPLE GUIDELINES. IT'S KIND OF A HAPPY COINCIDENCE THAT THEY HAPPEN TO AGREE WITH WHAT WE'RE TRYING TO ACCOMPLISH HERE EVERY MONDAY!

IF YOU GET THE SUNDAY PAPER, THE FOLLOWING LESSON IS BASED ON THIS WEEK'S ARTICLE IN *THE PARADE*.

FIRST OF ALL, KNOW YOUR NUMBERS...YOU PROBABLY ALREADY HAVE BLOODWORK DRAWN ROUTINELY BY YOUR HEALTH CARE PROVIDER FOR A FEW THINGS. OF COURSE YOUR CHOLESTEROL, INCLUDING LDL, HDL, & TRIGLYCERIDES WOULD BE HIGH ON THE LIST. YOU SHOULD ALSO BE AWARE OF YOUR BLOOD GLUCOSE & HOMOCYSTEINE LEVELS. LEARN YOUR BLOOD PRESSURE (HYPERTENSION IS A KEY DEMENTIA RISK), BODY MASS INDEX, & WAIST CIRCUMFERENCE.

ALL OF THE ABOVE RISK FACTORS CAN CHANGE IF YOU'RE OUTSIDE NORMAL RANGE. JUST ASK RUTH!

TAKE A COGNITIVE TEST. ONE YOU CAN TRY AT HOME, ACCORDING TO *THE DAYTON DAILY NEWS*, IS THE 15-MINUTE SAGE TEST. GO TO ALZU.ORG FOR THE LINK. YOU COULD DO IT NOW, TO GET A BASELINE OF YOUR CURRENT THINKING SKILLS, THEN REPEAT YEARLY.

IF YOU'RE NOT ALREADY INVOLVED IN AN EXERCISE ROUTINE, START NOW TO GET REGULAR, MEANINGFUL EXERCISE. WHAT I MEAN BY THAT IS BE CONSISTENT! ANY FORM OF EXERCISE WILL BE HELPFUL; YOUR GOAL IS TO BURN FAT & MAINTAIN MUSCLE MASS. IT'S A MATTER OF GETTING INTO A ROUTINE. THINK ABOUT THIS: IF WE DO NOTHING, (SEDENTARY) WE LOSE 1% OF OUR MUSCLE MASS PER YEAR. IT MAY NOT SEEM SIGNIFICANT, BUT IT ADDS UP RATHER QUICKLY! ALSO, WE'VE TALKED ABOUT "APPLE VS. PEAR" SHAPE IN HERE...EXERCISE ALSO CHANGES YOUR BODY SHAPE, AND IT WILL BURN THE FAT THAT TENDS TOWARD THE MORE RISKY APPLE-SHAPED BUILD.

MAINTAIN A HEALTHY WEIGHT. IN FACT, I'D LIKE IT IF EVERYONE HERE COULD GIVE ME A COMPLETED FOOD RECORD NEXT MONDAY. I'LL SAY IT AGAIN...BESIDES ATTENDING CLASS, THE MOST IMPORTANT FACTOR THAT WILL LEAD TO YOUR SUCCESS IN MANAGING YOUR WEIGHT IS WHETHER OR NOT YOU KEEP A GOOD, HONEST FOOD RECORD!

EMPHASIZE PRODUCE! LIMIT THE AMOUNT OF PROCESSED FOODS IN YOUR DIET, AND GO CRAZY WITH THE PLANTS! FRUITS, VEGGIES, WHOLE GRAINS, NUTS, & SEEDS – IT REALLY DOES MATTER! STICK TO LEAN PROTEIN & LOW FAT DAIRY. WHEN IT COMES TO FAT, THE ARTICLE SAID TO USE EXTRA VIRGIN OLIVE OIL.

IT'S TRUE WHAT YOUR MOMMA TOLD YOU...FISH IS BRAIN FOOD! FATTY FISH TO EAT TWICE A WEEK INCLUDE SALMON, TUNA (ALBACORE), MACKEREL (HOLY OR NOT), LAKE TROUT, & SARDINES. IF YOU'RE

NOT USED TO COOKING FISH, THERE ARE WAYS AROUND IT (I'M SURE YOU'RE TIRED OF HEARING OF THE READY-TO-COOK BAGS AT THE KROGER FISH MARKET!) BUT REALLY, PRACTICE MAKES PERFECT.

CLOSE THE KITCHEN DOWN AT NIGHT. PASS ON THE MIDNIGHT SNACK(S)! TRY TO REMEMBER TO FAST FOR AT LEAST 12 HOURS EVERY NIGHT. IT HELPS YOUR BODY BURN STORED FATS. THERE IS ANOTHER REASON FOR IT; WE'VE TALKED ABOUT IT BEFORE. I CAN'T RECALL WHAT I SAID, THOUGH.

CONTROL YOUR STRESS (OR, AT LEAST, YOUR REACTION TO STRESS.) THE ARTICLE SAYS THAT EVERY 4.5 YEARS OF WORK STRESS LEAD TO ONE ADDITIONAL YEAR OF BRAIN AGING! THINGS LIKE YOGA, MEDITATION, ACUPUNCTURE, & REGULAR VACATIONS CAN ALL BE BENEFICIAL. FIND YOUR BALANCE.

KEEP BUSY & INVOLVED. LEARN A NEW SKILL (FISH COOKERY?!), TAKE UP A HOBBY, JOIN A CLUB, OR BECOME MORE ACTIVE IN YOUR CHURCH. EVEN COMING TO CLASS ON MONDAY NIGHTS IS A WAY TO STAY CURRENT & CONNECTED!

TAKE CARE OF YOURSELF...DON'T FORGET TO VISIT THE DENTIST & THE EYE DOCTOR ANNUALLY. YOU PROBABLY ALREADY KNOW THAT UNTREATED TEETH & GUM PROBLEMS CAN CAUSE INFLAMMATION. IF YOU'RE HAVING VISION (OR HEARING) ISSUES, SEEKING TREATMENT CAN KEEP YOU FROM BECOMING SOCIALLY ISOLATED.

ENJOY MUSIC! SINGING OR PLAYING IS BEST – BUT, IF YOU'RE UNABLE (LET'S SAY I'M A LITTLE "CHALLENGED" IN THAT AREA...) JUST LISTENING TO MUSIC CAN BOTH REV YOU UP FOR EXERCISE AND CALM YOU DOWN!

DON'T SMOKE! DUH.

