



What Helps the Heart Benefits the Brain

Thriving Through Life —
Mind, Body and Soul



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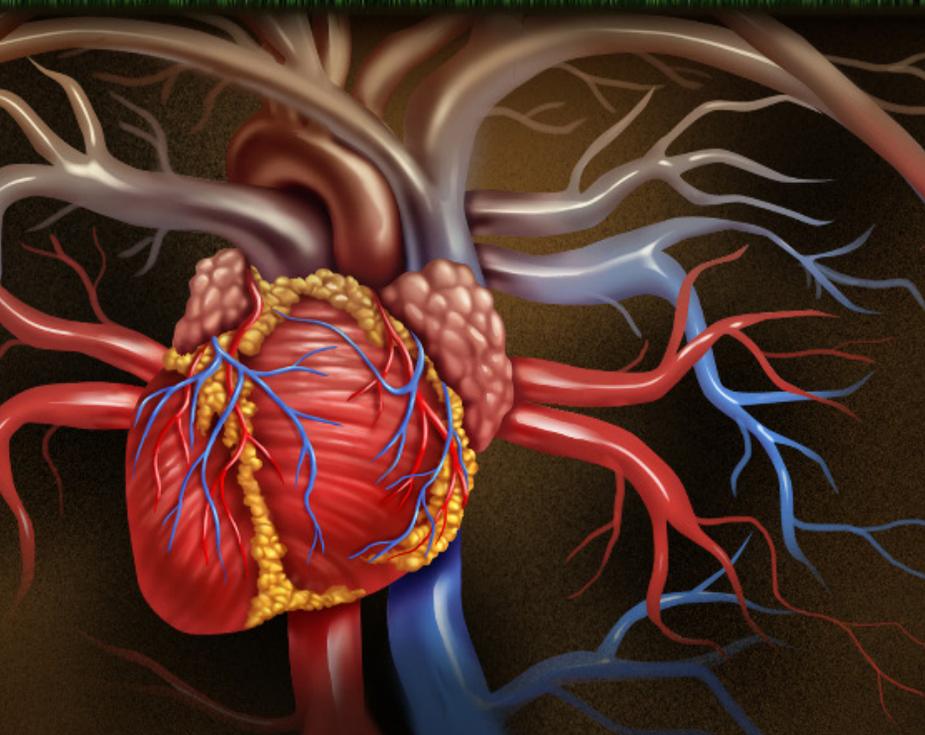
Have you ever thought about how taking care of your heart can actually benefit your brain?

There are many reasons to focus on having a healthy heart at any age. Recommendations like great nutrition, exercise, and regular health screenings can make a difference in keeping your heart strong. For seniors maintaining a healthy heart and brain can help you preserve your independence and quality of life. Making positive lifestyle choices is the best way to affect positively both your heart health and brain health.

What does your Brain have to gain from a Healthy Heart?

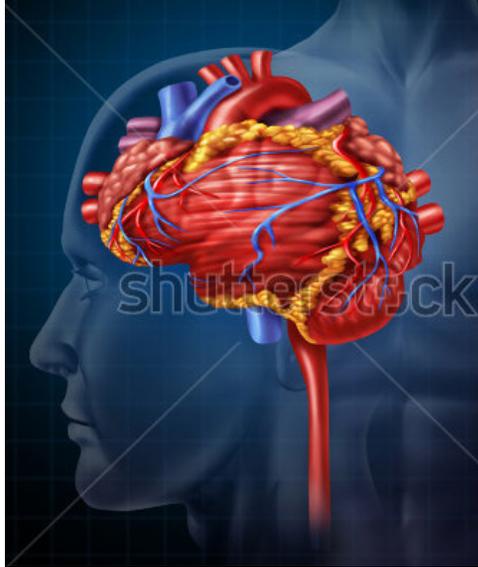
Studies show that by keeping your heart healthy you can reduce the risk of developing Alzheimer's disease and other types of dementias.

You may not realize it but your brain needs to be exercised just like your heart on a regular basis. "Virtual Brain" exercises are available now that are Medicare approved. Just like heart exercise helps to prevent heart disease, brain exercises help prevent the onset and progression of memory loss and dementia. Heart exercise helps to improve the blood flow that keeps the brain working properly. It is important when exercising your heart that you break a sweat. Your brain is like a muscle that can be trained. Exercising



the brain also releases specific neurotransmitters that will help prevent Mild Cognitive Impairment, the development of Alzheimer's disease and the other lesser known dementias. Physical exercise increases oxygen content in the brain that helps to create new brain cells as well as grow new neurons and releases natural endorphins that improve mood, reducing the need for artificial anti-depressants. Anybody can improve the health of their brain but the younger you start the better the result.

Nutrition plays a very important role in developing a healthier heart and brain. It is believed that most people will benefit with a diet that is low in sodium. In addition it is important to find a good balance of fruits, vegetables, protein, carbohydrates and fiber. Chronic conditions; such as heart disease, diabetes, and osteoporosis can be lessened and entirely avoided by simply eating better.



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Because of research like this it is evident and even more important that seniors live where they can enjoy stress free living, daily nutritious meals, and an active lifestyle that promotes heart and brain health. Socialization for seniors is an underestimated factor that affects their physical and emotional well-being. Mather Lifeways Institute on Aging recently cited a study that investigated various factors that increase one's chances of being hospitalized. A key finding shows that, "Unsurprisingly, older adults with multiple chronic conditions were more likely to report frequent hospitalizations; however, among those who had multiple chronic conditions, individuals who lived in a senior living community were hospitalized less often than those who lived in traditional housing. It is important for seniors to have the opportunity to socialize with friends, learn new things, and enjoy a lifestyle where they can thrive not just survive. ■