

Healthy Lifestyle Plan

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It starts with a well-balanced diet

Limit sodium intake Eat less than 1500 mg/day - use low sodium or sodium free spices instead of salt.

Limit saturated fat (butter, milk fats, high-fat cuts of meat). Replace saturated fats with mono and poly-unsaturated fats (soft margarine, canola and olive oil).

Eat the “rainbow” Include 2.5 cups of brightly-colored fruits and vegetables.

Choose about 5.5 oz. of lean protein These proteins are found in lean cuts of meat, poultry, seafood and legumes. Limit eggs, nuts and seeds eaten each week, due to high fat content.

Make half your grains whole grains Aim for 6 oz. per day, with 3 oz. from whole grain sources that is high in B Vitamins, Iron, Magnesium, Selenium, and fiber.

Drink plenty of fluids Water, tea, juice, milk, coffee and broths help our bodies stay properly hydrated.

Make 30 minutes of physical activity a priority This can be cleaning, yard work, walking or running errands.

Monitor and control blood pressure, cholesterol, blood sugar, weight Lowering blood pressure, cholesterol, blood sugar and weight lessens our risk of Alzheimer's and Dementia is good for your heart and protects against diabetes.

Don't smoke It damages the brain's blood vessels, causes heart disease and increases cancer risks.

Use alcohol in moderation Excessive alcohol use damages brain cells, but red wine in moderation (and red grapes) provide benefits to heart and brain.

Take care of your psychological health Depression can cause memory problems and decrease our ability to concentrate, but can be treated with medication and counseling.

Stimulate your brain: Involve all your senses!

Hearing – Listen to a variety of music and stay socially active.

Vision – Read, enjoy artwork or view new sights.

Touch – Work with your hands in a garden, with crafts and handiwork.

Smell/taste – Try new spices and new foods and appreciate nature's smells.

Motor senses – Walk, do water aerobics, resistance exercises or stretching.

Brain "push-ups" – Do crossword puzzles, Seek 'n Find, Scrabble, new activities.

De-stress: Find ways to simplify your life Chronic stress damages areas of the brain governing short-term memory – so cultivate a positive attitude and find relaxing diversions that you enjoy.

Get plenty of rest each night Feeling overtired increases memory problems.