Fit As a Fiddle – Mind & Body

10 Tips for a Healthy Mind

Tip # 1 – Exercise Your Mind as Well as Your Body.
• Play scrabble or work crossword puzzles.
• Learn a foreign language.
• Start a new hobby.
• Write your family history.
• Read and start a book club with friends.
• Volunteer in your community.

Tip # 2 – Be physically active by exercising at least 30 minutes most days of the week.
• Park farther away and walk the extra distance.
• Take the stairs, not the elevator.
• Ride a stationary bike while watching TV.
• Walk the dog.
• Dance, yoga, Tai-Chi.
• Join a fitness club.
• Just get moving!

Tip # 3 – Eat healthy.
• Eat more fruits and vegetables.
• Add color to your diet.
• Get your antioxidants.

Tip # 4 – Drink alcohol in moderation, if at all.
• Women and anyone 65 years of age or older should have no more than 1 alcoholic beverage per day.
• Men under 65 should have no more than 2 alcoholic beverages per day.
Tip # 5 – Manage your stress.
• Keep your stress level low.
• Take a break.
• Simplify your life.
• Get some exercise.

Tip # 6 – Protect your head from injury.
• Wear a helmet while bike riding or doing other sports activities.
• Wear your seatbelt!

Tip # 7 – Don’t smoke!

Tip # 8 – See a doctor regularly.
• Monitor blood pressure, cholesterol levels and blood glucose levels.

Tip # 9 – Stay involved socially.
• Go to lunch regularly with friends.
• Join an exercise group.
• Invite friends for dinner.
• Start a book club.
• Start a “stitch and chat” club.
• Go fishing or golfing with friends.
• Meet friends at the movies.
• Get together for cards or games.

Tip # 10 – Start today to “maintain your brain.”
• www.alz.org

This material is excerpted from www.alz.org and the Mayo Clinic.
Activity 1

Mental Stretches

Activity 2

Mental Stretches

How many triangles are there?

Answers

Activity 1:
1 Mental blocks
2 Neon light
3 Sandbox
4 I understand
5 Broken promise
6 Backward glance
7 Sales Tax
8 Paradise

Activity 2:
The answer is 25. There are 16 small, individual triangles; 5 triangles of four triangles each, 3 triangles of nine triangles each, plus one large triangle.

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