

THE EXTRA POINT

BY JERRY ROBERTS



473 Strategies for Better Brain Health — Part 2

Today, more ways we can take care of our most important body part. I'm Jerry Roberts and we're looking for ways to keep our brain in the best possible condition. That's next on The Extra Point.

Yesterday we revealed the first three ways to maintain good brain health. We talked about having a healthy heart. High blood pressure, high cholesterol, smoking, and diabetes all increase the risk for neurodegenerative diseases by impeding blood flow to the brain.

Second was getting 7-9 hours of quality sleep, which allows the brain to clear out toxins called beta-amyloids that can lead to Alzheimer's and other forms of dementia. Optimal sleep also is a key to being at our best during the day.

Third was eating well. Whatever that means to you the key is to eat a heart-healthy and brain-healthy diet. All the information you need is online to design the right food plan.

4. Move your body regularly. You don't have to be a triathlete, run every day or pound iron five times a week. That said, a large Canadian study found the more physically active adults were, the higher they scored on tests of memory and problem-solving. Walk for 30 minutes several times a week, swim, dance, and work in some resistance exercises.

Leg workouts are great, as researchers say when you use your legs in weight-bearing exercise, the brain receives signals that spur it to make healthy new cells. Exercise boosts blood flow to the brain. And studies have shown it can increase the size of the hippocampus, the part of the brain responsible for memory, which naturally shrinks as you age.

5. Connect with people. Socializing is another key factor in keeping our brain in top condition, as blood circulates to different parts of our brain when we're communicating with others.

Spending too much time on our phones and living virtual lives is not nearly as good for us as being with real life people.

6. Do new things. I've been pitching the concept of lifelong learning ever since we launched The Extra Point. It's absolutely critical to building new skills throughout our lifetime. Every time you try something new you are helping your brain — even if you're not very good at it.

There are lots of things I've always wanted to do and I'd probably be lousy at them, so I never tried. Now, I've got the ultimate excuse. "Jerry, you're a horrible tennis player." "Thanks, I'm helping my brain." "Jerry, you're the world's worst cook." "That's right, and it's good for my brain, too." "Jerry, your singing is, uhh, like nothing I've ever heard before." "Yeah, glad you like it, and my brain feels great."

If somebody tells you that doing brain games online is beneficial for health, you can tell them right back that it's more helpful to take part in real-world skills and activities.

Let's cut to the bottom line. There is nothing more important than the health of our brain. The six ways mentioned will help. Heart health, better sleep, eating right, regular exercise, connecting with people, and trying new things.

If you're not already doing these things, start now. Go to guamtraining.com and download Extra Point #473. Give your brain a Christmas present that will last for a lifetime.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com

