

Aging Gracefully Naturally

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Today's presenters



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Agenda

- How to age gracefully, naturally
- Eight easy tips to make healthy habits
- Q & A



Aging is unescapable

- Many conditions are just part of the “normal aging process”
- There’s no reversing aging but we can maintain good health and habits to age as slowly and gracefully as possible, on the inside and outside!





Tip 1: Brain plasticity & mental exercises

- Join a class
- Challenge your brain with crossword puzzles, word finds, chess and coloring books
- Play music and sing and dance along. Listen to a podcast or book.
- Activities like reading, knitting or other crafts engage your mind's creativity
- Be social

Source: [National Institutes of Health](#)



Tip 2: MIND diet

- Mediterranean/ DASH Diet
- Intervention for
- Neurodegenerative
- Delay



Foods to help

- **Berries**
 - Strawberries, blueberries, raspberries
- **Leafy greens**
 - Spinach, kale, collards, broccoli
- **Variety of vegetables**—colors of the rainbow

Omega-3 fatty acids

- **Fatty fish:**
 - Salmon, tuna, mackerel, herring, sardines
- **Nuts and seeds:**
 - Walnuts, flax and chia seeds
- **Avocados**



Antioxidants

- Fruits and vegetables
- Flax and chia seeds
- Teas
- Dark chocolate
- Coffee
- Wines
- Dark green leafy vegetables
- Spices and herbs





Choline

- Beans
- Eggs
- Fish
- Liver
- Soy products
- Dairy products
- Cruciferous vegetables
- Nuts and seeds
- Whole grains



Prebiotic live bacteria

- Bananas
- Garlic
- Onions
- Leeks
- Asparagus
- Apples
- Oats
- Supplements: Metamucil

Probiotic live bacteria

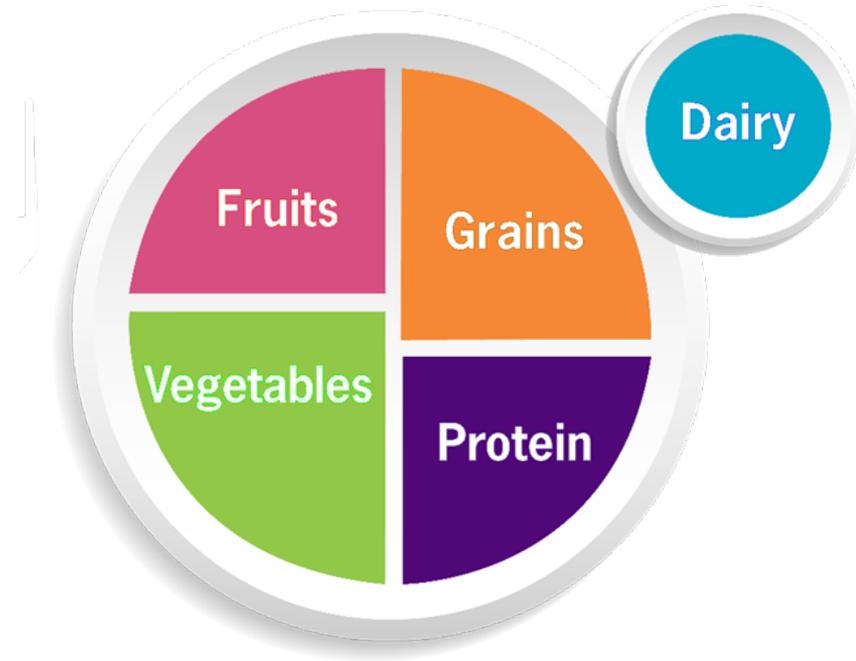
- Kefir
- Kimchi
- Kombucha
- Tempeh
- Yogurt



Balance is key!

Use the USDA MyPlate to help create balance for each meal.

- $\frac{1}{2}$ fruits and vegetables
- $\frac{1}{4}$ whole grains
- $\frac{1}{4}$ lean protein
- Low-fat dairy options



Source: [MyPlate](#) | U.S. Department of Agriculture

Tip 3: Hydrate for health

- The brain doesn't register liquid calories
- Switch soda, juice, sports drinks, etc. to water
- Water is best
- Infuse your water with fruits, vegetables or herbs



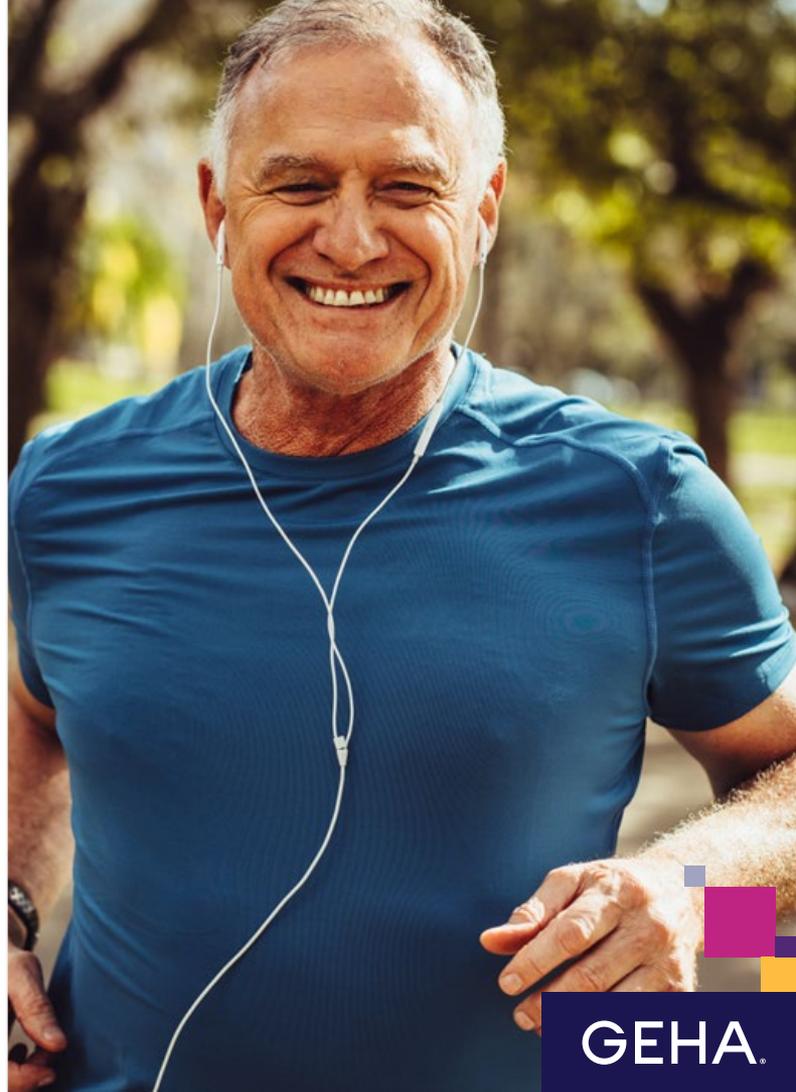
Brain boosting berry cubes

- Use a blender to chop up the spinach and berries of choice
- Pour mixture in freezer cubes
- Place in the freezer for a few hours
- Once frozen, add to a cup and fill up your hydration of choice



Tip 4: Move more!

- Aim for 30 minutes per day
- **Endurance:** aerobic or cardio activities
- **Strength:** weights or resistance training
- **Balance:** movements that involve poses
- **Flexibility:** stretching activities
- Start where you are!





Tip 5: Good sleep hygiene

- Follow a regular sleep schedule
- Avoid napping
- Develop a routine
- Have good sleep hygiene
- Exercise and eat earlier
- Watch caffeine and alcohol





Tip 6: Stress management

- Talk with a friend
- Laugh and stay positive
- Journal
- Have hobbies
- Exercise/meditate

Tip 7: Develop healthy habits

- Maintain a healthy weight
- Treats in moderation
- Stop smoking
- Stay up-to-date on preventive care



Tip 8: Food face mask



Food face mask recipe

- 2 Tbsp. green tea
- 1/2 Tbsp. turmeric powder
- 1/2 of a lemon (juiced)
- Mix ingredients together and apply the mask with a cotton ball or fingertips onto clean skin. Let it sit for 3 minutes.
- Continue adding layers until the recipe runs out and let the final coat set for 10 minutes
- Repeat at least 3 times per week at night for best results

Wrap-up

- Active brain
- MIND Diet: foods for youth
- Balanced eating: MyPlate
- Hydration for beauty
- Move more
- Sleep well
- Stress management
- Healthy habits
- Q & A



Q&A



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