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Subject: HTML TEST: Member programs focus on your brain and your body

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HAP Healthy Aging Wellness News

October 2014

2014 Member programs that focus on your brain and your body

Did you know that HAP has programs designed just for you? In 2014, HAP partnered with Wayne State University Institute of Gerontology to bring out the program, Sharpen Your Brain. HAP also partnered with Michigan Institute for Human Performance (MIHP) to bring the program, Standing Strong. Both of these programs were well attended by many HAP members. If you missed them in 2014, please check your mailbox for an invitation to HAP member programs in 2015.

Useful links

[Health information on HAP](#)

[Heart Smart recipes from Henry Ford](#)

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Who Are We?

Healthy Body, Healthy Brain - Four Key Tips

By: Cheryl Deep, Institute of Gerontology
Wayne State University

1) No Strain, No Train. Activities must be challenging if you want the brain to grow new cells and make new connections.

Concentrate, focus and pay attention. If crossword puzzles are easy for you, try math problems or vice versa. Force your brain to stay awake with daily surprises like brushing your teeth or eating dinner with your non-dominant hand or placing framed photos upside down. The brain responds to novelty, but will get lazy and fall into ruts if you let it.

2) Gather with Others. Socializing is a major brain stimulant. We talk, listen, interpret social cues and sometimes share an activity - all at the same time. Quite a positive brain challenge. Regular social activity also deepens friendships, calms anxiety and lifts our mood. Depression and loneliness take a tough toll on memory, so open your door (and heart) to others for a healthier, happier brain.

3) Sleep Deep. At least four consecutive hours of deep sleep a night lets us organize the thousands of thoughts and experiences we have every day. Without deep sleep, our brains start to look like a hoarder's house with clutter piled everywhere. When this happens, we can't find the mental information we're looking for (like the name of the neighbor who is now at the door). Sleep well and let your brain get organized. Aim for seven to eight hours a night and make four of those uninterrupted.

4) Move. A healthy brain needs a strong oxygen supply for all its cells - it uses 20% of all the oxygen we breathe in. Keep arteries open and flowing freely with 30 minutes of aerobic exercise three times a week. Aerobic means you're breathing more heavily and your heart is beating a little faster. Aim for 30 minutes of aerobic exercise three times a week. Your physician can tell you what's safe, but most folks are fine with a brisk walk. **A healthy brain needs a healthy body to sustain it.**



At HAP, we take your health very personally. We're here to help you take an active role in your health and well-being. After all, this is your life. We get it.

We are busy planning for 2015 and hope to see you out at one of our wellness programs or in the community.

Please drop us an email and let us know what topics you would like us to bring out to you.

Our email is:
healthevents@hap.org

We love hearing from you!

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Left to right: Cheryl Deep and Donna MacDonald from Wayne State Institute of Gerontology presenting this summer

[Wayne State University IOG Website](#)

Standing Strong

By: Sherry McLaughlin, MSPT, CSCS
Michigan Institute for Human Performance

The senior population of today is growing rapidly. The 65+ age group is more active and progressive than at any other time in history, leading in categories like home ownership, travel and new adapters of technology.

Nobody has time to suffer a slip and fall and be in pain. Not all slips and falls can be avoided, but there are some simple things you can do everyday to fall-proof your body and walk away without injury.

People who slip, trip and don't hurt themselves, do two things really well. They know how to cross-reach and cross-step. Reaching and stepping across your midline requires rotation and so many of us have forgotten how to do this. Just look at people walking around. Many walk with a wide base of support and with their toes turned out. Many no longer swing their arms when they walk.

Three Simple Things to do Everyday to Help you Stand Strong

1) Keep it narrow. Practice walking with your toes pointed straight ahead and your feet 2 - 4 inches apart. This will naturally stretch