

BREAKROOM BUZZ

June 2025

Brain Health Tips: Safeguard the Mind, Secure the Future

Around the world, 47 million people are living with Alzheimer's and other dementia. In the U.S., someone develops Alzheimer's every 65 seconds. Take steps today to safeguard brain health. Here are a few simple tips:

- **Exercise regularly:** Just 30 minutes of moderate activity can boost cognitive function and memory. Aim for 50-80% of maximum heart rate.
- **Manage chronic conditions:** Work with healthcare providers to check blood pressure and cholesterol.
- **Prioritize sleep:** Aim for 7-9 hours per night. Avoid caffeine and alcohol before bed, and keep your bedroom cool and dark.
- **Eat a brain-healthy diet:** Focus on fruits, veggies, whole grains, lean meats, and watch your intake of trans fats and salt.

- **Challenge the mind:** Engage in activities stimulating the brain, such as learning new skills or playing games.
- **Stay socially connected:** Whether through a group, club, or a phone call, keep the social network active.
- **Minimize stress:** Find resources to help manage stress, such as meditation, mindfulness, yoga, or exercise. Explore ways to replace negative thoughts with positive ones, improving mental and physical health.

Small changes can make a big difference in the brain's health. Take action today for a healthier tomorrow.

Resources: bit.ly/4iGWnuT; bit.ly/422pwK9; bit.ly/4hNX8RM.



June Is Fresh Fruit and Vegetable Month

The USDA recommends that adults eat 2 cups of fruit and 2 ½ cups of vegetables daily. Tips to increase your fruit and vegetable intake:



- **Soups:** Mix vegetables to make a soup. If there are leftover scraps from other dishes, like carrots, onions, and celery, store them in a freezer-safe bag or container and place them in the freezer. Once the bag or container is full, a pot of vegetable soup can be made.
- **Sandwiches:** Enhance sandwiches and burgers by incorporating vegetables such as onion, spinach, and peppers. Consider ditching bread and opting for a lettuce wrap packed with favorite toppings or substituting bread with two slices of tomato for a refreshing twist.
- **Stir-Fry:** Combine rice with your choice of protein, like chicken, tofu, or steak, and add vegetables and fruit, such as carrots, pineapple, and sugar snap peas, for a delicious stir-fry.
- **Salads:** Make a salad with various fresh fruits or vegetables. Add strawberries and blueberries over spinach or have a cup of mixed fruit salad as a side.
- **Smoothies:** Get multiple servings of fruit by making a smoothie. Even add some spinach to include vegetables.

For recipe ideas, visit bit.ly/4hSSCS1.

Planning for Pet Costs

Caring for pets goes beyond the initial purchase price. When making a spending plan, prioritizing needs first is a common practice. When a pet becomes part of the family, their needs can include pet food, vet bills, grooming services, and other additional costs, depending on the pet. According to the Consumer Expenditure Survey, the average pet-owning household spent about \$770 on pet expenses in 2021, with most of the costs being vet services 35% and pet food 33% — [Shulz & Chansky, 2024](#).

Read the full article at go.illinois.edu/FFB2503.



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