BRAIN HEALTH: IT’S A NO BRAINER

Fit Wits
Cognitive Decline can be caused by:

Chronic Health Conditions

- High blood sugar/Diabetes
- High blood pressure
- Chronic stress/Anxiety
- Depression
- Poor Sleep/Sleep Apnea
- Hearing loss

Diet

- Low B12
- Low vitamin D
- Too much alcohol
- High calorie diets
• Obesity in mid-life

• Underweight/frailty in older age

Lack of engagement
• Physical activity

• Intellectual activity

• Social interaction

• Continuing education

Smoking

Head Injuries

Medications

**Brain Health Contributors**

• Quality sleep
• A healthy diet
• Exercise

• Stress management
• Social connections
• Intellectual challenge
Fit Wits Brain Work Out

Change Changes

In this activity, you need to identify what coins you need to make the amount of change. Show three different ways of coming to this total.

$1.44
1. ___________________________________________________________________
2. ___________________________________________________________________
3. ___________________________________________________________________
4. ___________________________________________________________________

$2.77
1. ___________________________________________________________________
2. ___________________________________________________________________
3. ___________________________________________________________________
4. ___________________________________________________________________
Listen Up

In this exercise, you will listen to several sentences. Try to remember the last word of each sentence. Also, pay attention to the content of each sentence. When finished you will be asked to write down the last word from each sentence and you will be asked a question about one of the sentences.

1. __________________________
2. __________________________
3. __________________________
4. __________________________

? __________________________

“"If the human brain were so simple that we could understand it, we would be so simple that we couldn’t.”

– Emerson
M. Pugh
For more information about brain health & other topics visit the Family Files Blog at https://go.illinois.edu/Family Files

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