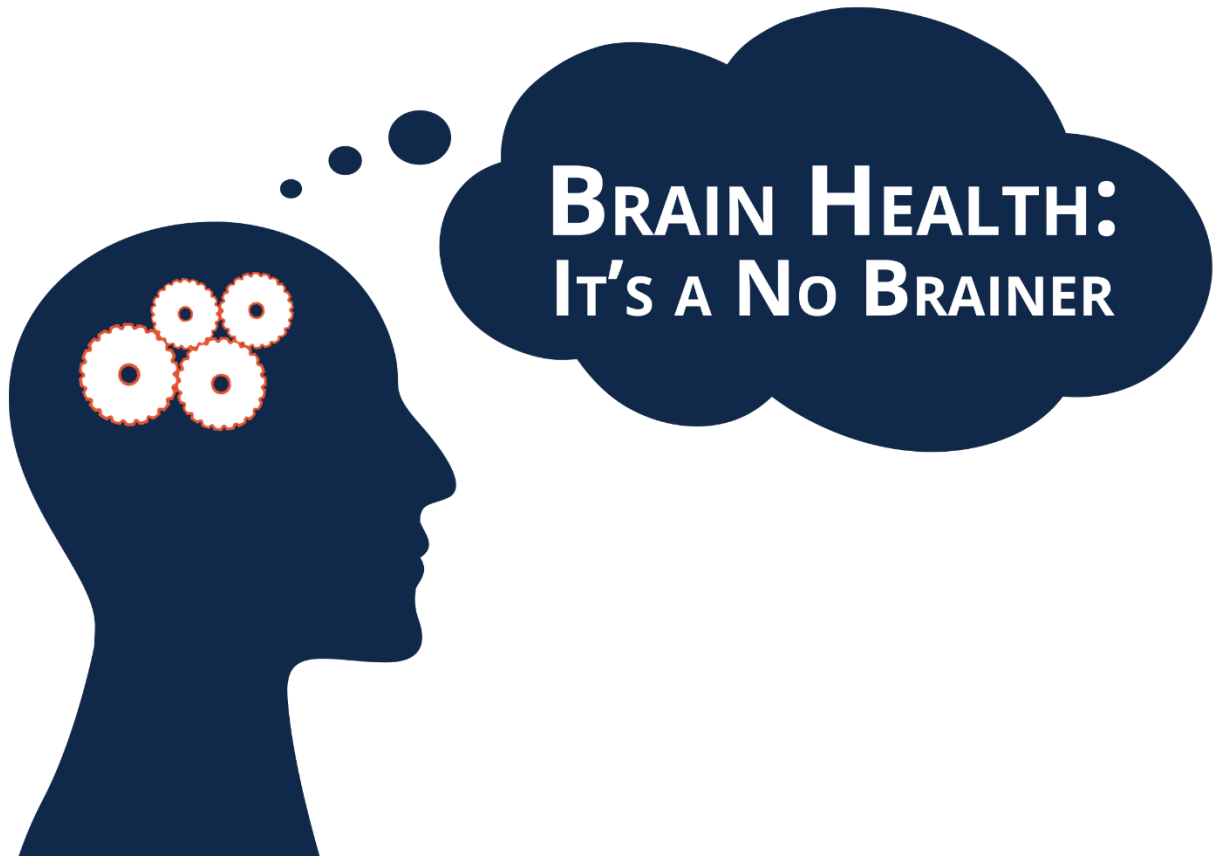


I ILLINOIS

Extension

**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**



Fit Wits

University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences

United States Department of Agriculture ■ Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

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. _____

\$3.99

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. _____
- ? _____

1. _____
2. _____
3. _____
4. _____
5. _____
- ? _____

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

– Emerson
M. Pugh

