



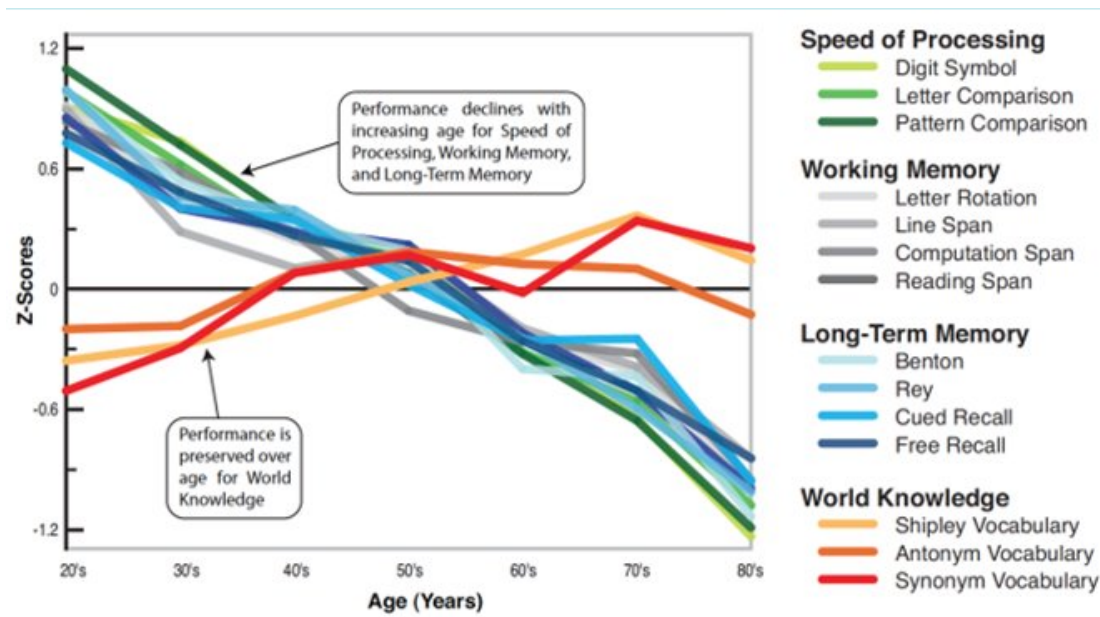
SUMMER SELF-CARE

Week 5 • July 21, 2021 • Grace Clements, MS, BA
Healthy Arteries, Healthy Brain

This week's takeaways

- Your brain is a hungry organ and is highly vascularized
- With normal aging, our arteries to stiffen/lose elasticity
- Arterial elasticity relates to brain anatomy and cognition
- Regular cardiorespiratory exercise can mitigate or reverse age-related stiffening!

Cognitive Aging for Fluid and Crystallized Intelligence Differs



This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute. 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.