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