

# Autumn Health Picks

## STAYING SHARP



November 18, 2020

## Key Takeaways

1. Your brain is changing in terms of its structure and ability to relay information.
  - a. This translates into increases in performance on some cognitive tasks & declines in others
2. By taking a holistic approach to your health in general, you can do your part in maintaining brain health and cognitive function as you age
  - a. Exercise, nutrition, sleep, and mental and social engagement play a key role in this approach

## More Resources!

### Mental & Social Engagement

- [www.alz.org/helpsupport/brain\\_health/stay\\_mentally\\_and\\_socially\\_active](http://www.alz.org/helpsupport/brain_health/stay_mentally_and_socially_active)

### Diet

- [www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mediterranean-diet/](http://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mediterranean-diet/)
- [jandonline.org/article/S2212-2672\(15\)01251-4/fulltext](http://jandonline.org/article/S2212-2672(15)01251-4/fulltext)

### For more information, check out our previous talks at...

- [extension.illinois.edu/global/autumn-health-picks](http://extension.illinois.edu/global/autumn-health-picks)
- [extension.illinois.edu/global/summer-self-care-series](http://extension.illinois.edu/global/summer-self-care-series)