



Fit As a Fiddle – Mind & Body

10 Tips for a Healthy Mind

Tip # 1 – Exercise Your Mind as Well as Your Body.

- Play scrabble or work crossword puzzles.
- Learn a foreign language.
- Start a new hobby.
- Write your family history.
- Read and start a book club with friends.
- Volunteer in your community.



Tip # 2 – Be physically active by exercising at least 30 minutes most days of the week.

- Park farther away and walk the extra distance.
- Take the stairs, not the elevator.
- Ride a stationary bike while watching TV.
- Walk the dog.
- Dance, yoga, Tai-Chi.
- Join a fitness club.
- Just get moving!



Tip # 3 – Eat healthy.

- Eat more fruits and vegetables.
- Add color to your diet.
- Get your antioxidants.



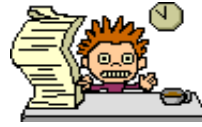
Tip # 4 – Drink alcohol in moderation, i

- Women and anyone 65 years of age or older should have no more than 1 alcoholic beverage per day.
- Men under 65 should have no more than 2 alcoholic beverages per day.



Tip # 5 – Manage your stress.

- Keep your stress level low.
- Take a break.
- Simplify your life.
- Get some exercise.



Tip # 6 – Protect your head from injury.

- Wear a helmet while bike riding or doing other sports activities.
- Wear your seatbelt!

Tip # 7 – Don't smoke!



Tip # 8 – See a doctor regularly.

- Monitor blood pressure, cholesterol levels and blood glucose levels.

Tip # 9 – Stay involved socially.

- Go to lunch regularly with friends.
- Join an exercise group.
- Invite friends for dinner.
- Start a book club.
- Start a “stitch and chat” club.
- Go fishing or golfing with friends.
- Meet friends at the movies.
- Get together for cards or games.



Tip # 10 – Start today to “maintain your brain.”

- www.alz.org

This material is excerpted from www.alz.org and the Mayo Clinic.

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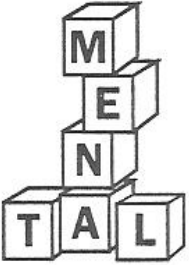


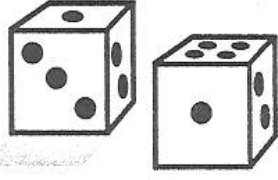
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Activity 1

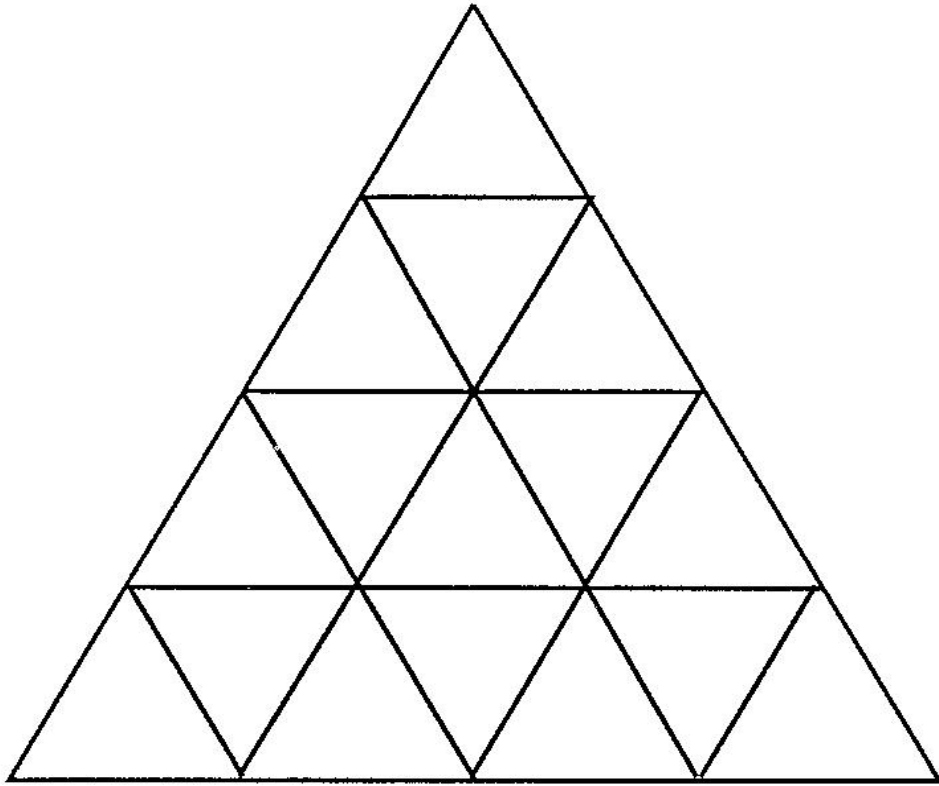
Mental Stretches

1 	2 <u>KNEE</u> LIGHT	3 	4 STAND I
5 PROMISE PROMISE	6 ECNALG	7 	8 

Source: Wolf J. Rinke, 1992. *Make It a Winning Life: Strategies for Life, Love and Business.*

Activity 2

Mental Stretches



How many triangles are there?

Source: Wolf J. Rinke. 1992. *MAKE It a Winning Life: Success Strategies for Life, Love and Business.*

Answers

Activity 1:

- 1 Mental blocks
- 2 Neon light
- 3 Sandbox
- 4 I understand
- 5 Broken promise
- 6 Backward glance
- 7 Sales Tax
- 8 Paradise

Activity 2:

The answer is 25. There are 16 small, individual triangles; 5 triangles of four triangles each, 3 triangles of nine triangles each, plus one large triangle.

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