



The Brain and Body Fitness Program Newsletter

Winter 2023



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- Brain Health Activities

Happy New Year to all of our friends through the Brain and Body Fitness Program!

You are receiving this newsletter because you participated in a past Brain and Body Fitness session. If you do not want to be part of the Brain and Body Fitness mailing list, please let us know by contacting us at brainhealthteam@medicine.wisc.edu.

Through the Brain and Body Fitness Program, activities and information provided are based on current research. Participants gain access to education and hands-on tools for strengthening both physical and mental wellbeing.

We created this newsletter to share brain health resources and education, and to provide updates about the Brain and Body Fitness Program between sessions.

Get Connected! Resources for Brain Health

The National Institute on Aging

<https://www.nia.nih.gov/>

Provides information about research and education on a variety of topics relating to healthy aging.

Aging and Disability Resource Center

<http://www.daneadrc.org/>

Offers information and resources for people who may be experiencing brain health changes

Administration for Community Living

<https://acl.gov/brain-health>

Provides a variety of educational information on brain health and things we can do to protect our brains.

Brain Health Education



Upcoming Brain Health Events

Today, we are going to focus on brain health supplements!

What are brain health supplements? Brain health supplements, such as Prevagen and Neuriva, are dietary supplements often advertised to help improve and support memory. While these supplements seem to be gaining some popularity and attention, it is important to know that they are *not* tested by the Food and Drug Administration (FDA) for safety and are not reviewed for effectiveness in the same way that medications are. Ingredients in brain health supplements commonly include vitamins such as B1, B6, B12 and vitamin D. Individuals with symptoms of memory changes commonly have vitamin deficiencies. However, vitamin deficiencies do *not* cause diseases such as Alzheimer's disease.

Do brain health supplements work? There is currently *no* strong evidence of the effectiveness of brain health supplements and as a result, they are not recommended by the vast majority of geriatricians. It is important to talk to your doctor about taking a brain health supplement to ensure safe use.

So, what can I do? There is strong evidence that our brain health can benefit from incorporating a healthy, balanced diet that includes omega-3 fatty acids, antioxidants, minerals, and vitamins, and that we can obtain the necessary amounts through our diets.

Foods that support our brain health

- Whole grains
- Fruit and vegetables
- Legumes
- Nuts and seeds
- Seafood

Other ways to maintain optimal brain health

- Avoid alcohol or drugs
- Regularly exercise
- Get adequate sleep
- Seek new learning opportunities

Events listed below have in-person and/or virtual attendance options for greater community access

Breaking the Silence: Addressing Dementia In Communities of Color

- **When:** April 21, 2023, 8am-12pm
- **Where:** Italian Community Center
631 East Chicago St.
Milwaukee, WI 53202.

Please visit shorturl.at/xFV01 to register and learn more.

Memory Cafes- Alzheimer's & Dementia Alliance of WI

- **What:** A safe and comfortable space where caregivers and their loved ones can socialize and participate in activities.
- **When and Where:**
 - Every Wisconsin county
 - In-person and virtual
 - Use this link to find a location near you: bit.ly/3XBcU8h

If you have any questions or would like assistance with registering for events, please contact us at brainhealthteam@medicine.wisc.edu or calling 608-800-2899

An Update from Brain and Body Fitness:

The Brain and Body Fitness program has expanded! In 2022, Brain and Body Fitness partnered with the Fitchburg Senior Center, Madison Senior Center, and Monona Senior Center in addition to our original partners at MSCR. Through increasing our partnerships, we are working to bring our programming to more members of the community. In 2023, we are excited to offer more in-person programming across the greater Madison area!

Our Partners



Let's work our brains & our bodies!

Winter Word Scramble for Improving Problem Solving

Correctly unscramble the words!

Answers at bottom of page

1. ENTWRI _____
2. SNWO _____
3. LDOC _____
4. EFEREZ _____
5. BDECEREM _____
6. JUYARAN _____
7. AFEBRYRU _____
8. SWNMANO _____
9. FIERCELPA _____
10. SGVLOE _____

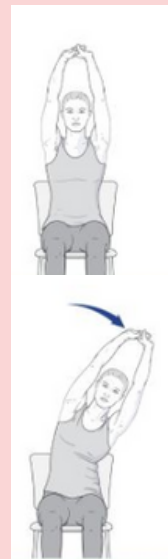
Category Members for Improving Word Finding

Fill in the appropriate category members. The answer in each box should begin with the letter on the left.

	Cities	Colors	Fruits	Animals
B				
P				
T				
F				

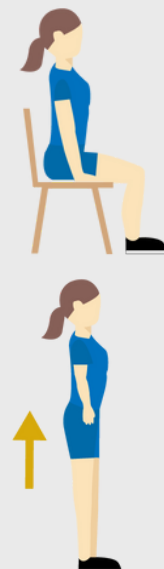
Chair Yoga for Improving Balance

1. Sit tall. Raise your arms and interlace your fingers.
2. Turn your palms towards the ceiling and straighten your arms above your head. *If you have sore wrists, gently grasp one wrist with the other.*
3. Lean to the left side and hold for 2-3 breaths.
4. Repeat on the other side.



Sit-to-Stand for Improving Strength

1. Stand tall with your back facing a sturdy chair
2. Hold on to the wall or a sturdy piece of furniture for balance. As you get stronger, practice without holding on to anything.
3. Sit back and slowly lower your hips on to the chair as gently as possible.
4. Pause, and push through your heels to stand up.



Word Scramble Answers

1. Winter
2. Snow
3. Cold
4. Freeze
5. December
6. January
7. February
8. Snowman
9. Fireplace
10. Glove

If you have questions about the program, brain health, or any life updates that you would like to share, please reach out to us at

brainhealthteam@medicine.wisc.edu