



THE Healthy LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 23 • MARCH 2020

Moonlight
YOGA & WALKING
MONDAY, MARCH 9
7:00-8:00 pm
Meet by the Pool at 6:45 pm
Registration required • 561-495-2806 • fitness@gleneagles.com

Nutrition Education with Dr. Lillian Craggs-Dino
NUTRITION FOR Healthy Bones
THURSDAY, MARCH 12
4:00-5:30 pm • Multipurpose Room
Registration required • 561-495-2806 • fitness@gleneagles.com

NEWtrition: Phyto, Micro, Macro
Phyto, Micro, Macro: A New Approach
presented by Kyle Elerts
TUESDAY, MARCH 24
4:00-5:30 pm • Multipurpose Room
Please call or email to register 561-495-2806 • fitness@gleneagles.com

Registration required.
561-495-2806 or email
fitness@gleneagles.com

Exercise your Brain



KAREN MIKUS
Healthy Lifestyle Director

Exercise is the single most powerful tool you have to optimize your brain function. It improves learning ability, grows brain cells, alleviates stress, anger, anxiety and depression, and increases focus, attention and alertness. Evidence suggests that the more cognitively fit you are throughout your life, the better armed your brain will be against the assaults of aging – including illness and any stressful events you might face. Good brain health is more than the absence of disease. It’s optimizing your brain function as you age.

In this issue of *The Healthy Life* newsletter we look at how exercise helps our brain health and cognitive abilities. We also take a look back at our evolutionary history which helps explain how and why our current, more sedentary lifestyle impacts our physical and mental health, and how we can use

this evolutionary context to improve our well-being today.

Since the brain depends on vital supplies of oxygen and nutrients that are delivered through the bloodstream, nutrition plays a huge role in the health and vitality of the brain. Dr. Lillian Craggs-Dino shares the MIND Diet – a clinically proven diet that contains vitamins, minerals, lean proteins and amino acids and healthy fats that are good for the heart too. The wonderful, healthy salad recipe from Chef Cooper is loaded with nutrients.

Wow! This season is going fast but it has been fun-filled and packed with wonderful events.

The next issue of *The Healthy Life* will be out in May. We welcome your suggestions and feedback.

Be Healthy,

Karen



This is Your Brain on **EXERCISE**

What happens to our brain when we move?

First, the brain gets more blood. Blood flow is increased by 20% when we are walking fast compared to sitting. More blood means more oxygen and nutrients. It is well established that strenuous physical exercise stimulates the birth of new neurons in the part of the brain that is critical for memory, the hippocampus. The molecular and cellular details explaining how exercise stimulates the birth of new brain cells have been worked out in great detail. Immature non-neuronal cells in the adult brain responds to protein growth factors that are generated in the body during physical activity. These growth factors stimulate the mother cells to spawn new neurons in the hippocampus. Amazingly, these nubile neurons then migrate through

brain tissue to find their proper place in the neural circuitry. Even more remarkable, new research proves that the new neurons are then able to wire themselves into the existing network of connections to boost performance in memory, just like adding RAM chips does for a laptop.

Exercise has immediate effects on the brain. Dr. Wendy Suzuki, Neuroscientist describes it this way. "Exercise changes the neurochemical bath your brain is bathing in because it is increasing positive things like serotonin and dopamine that are making you feel good and putting you in a good mood. There are adrenaline and endorphins, which is the brain's natural morphine that can help you withstand stress on your body."

The other immediate effect is that your prefrontal cortex, right behind your forehead, is working better. The prefrontal cortex is essential for ordering things, your focus, your attention, decision making. Those things work better. The other thing that gets enhanced is your reaction times. You're actually responding better and faster to different things.

How much exercise do you need? How hard do you need to work? Typically, the maximum benefit comes from mid-level exercise. Not exercises that pushes you that you're so sore, you can't move the next day. Exercise that causes you to feel really good afterward. It's not just aerobic exercise. There is evidence that non- aerobic resistance training is also beneficial.

As you continue to exercise, as you change your cardiorespiratory fitness, as your regular physical fitness goes up, your brain strength goes up at the same time. The more you keep those good neurochemicals that include growth factors that are helping new synapses to form, the better.

What is Cognitive Fitness?

Cognition – the ability to think, learn, understand, and remember – stems from the brain. Without the sophisticated network made up of billions of neural connections, you wouldn't be able to read a book, have a conversation, solve a crossword puzzle, talk to friends, drive a car, or do any of the hundreds of tasks that make up your days.

For example, the simple act of answering the door involves much more than hearing the doorbell and opening the door. It involves a surprising number of cognitive skills, including these:

- **Perception** (hearing the ring)
- **Memory** (remembering that the sound is your doorbell)
- **Inference making** (knowing that someone is at your door and wants to see you)
- **Decision making** (deciding whether or not to open the door)
- **Visuospatial memory** (remembering where the door is)
- **Orientation** (navigating your house to get to the door)
- **Motor skills** (getting up, walking to the door, and unlocking it)
- **Facial memory** (recognizing your neighbor)
- **Language skills** (greeting, talking, and understanding language)
- **Social skills** (interpreting tone of voice and interacting properly with another human being).

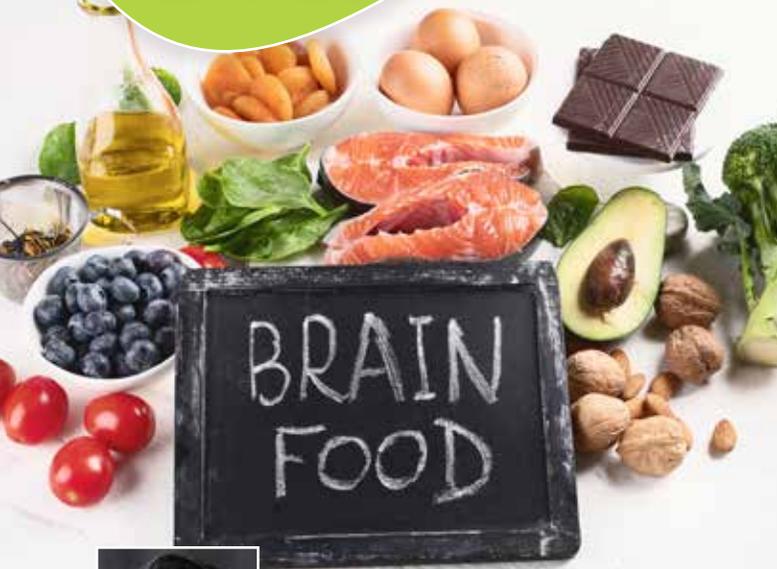


Member Spotlight: FRAN FUERST

As transplanted New Yorkers, my husband and I have been year-rounders for the past 2.5 years. Living here has been part of our retirement planning for quite some time.

As a "gift", my husband arranged for me to have some sessions with a personal trainer. Not being a fan of exercise I was skeptical. By my second session I was a firm believer that I needed help to reach my fitness goals. This was one year ago. Since then, I have expanded my fitness routine to include twice weekly sessions, twice weekly cardio sessions and the weekly Ageless Grace class. All geared towards improving my overall brain health.

Becoming a regular at the gym, and the spa, ensures that my overall well being does in fact does "age gracefully!"



DR. LILLIAN CRAGGS-DINO
Dietician DHA,
RDN, LDN, CLT

THE HUMAN BRAIN is one of the most complex and fascinating organs. In addition to controlling all bodily functions, this 3 pound organ allows us to think, reason, remember, learn, integrate, analyze, and feel emotions. But the brain is also fragile in the sense that without a constant blood and oxygen supply, the brain will begin to deteriorate and may die after 5-6 minutes. The brain is also susceptible to injury, aging, and diseases such as Alzheimer’s, Parkinson’s, dementia, stroke, mental illness, brain cancer, and epilepsy.

It is imperative that we consider the health of our brain by implementing a healthy lifestyle that includes the MIND Diet. The MIND diet is a clinically proven diet created by a nutritional epidemiologist named Dr. Martha Claire Morris. She was studying nutritional interventions to slow the progression of Alzheimer’s disease. The MIND diet incorporates principles of both the Mediterranean and DASH diet (Dietary Approaches to Stop Hypertension). In a recent study published in the Journal of the Alzheimer’s Association called Alzheimer’s & Dementia, the MIND diet lowered the risk of Alzheimer’s by as much as 53 percent. The foods that are included in the MIND diet contains vitamins, minerals, lean proteins and amino acids, and healthy fats that are good for the heart too, and this in turn will keep good blood flow to the brain to keep it viable.

MIND Diet Foods	Servings
Green leafy veggies 1c raw, 1/2 c cooked, 6 oz juice	6 servings per week
Other veggies	At least 1 per day
Nuts, 1 ounce	5 servings a week
Berries, 1 cup	2 or more servings a week
Legumes, 1/2 cup	3 servings or more a week
Whole grains 1 oz bread or cold cereal, ½ cup cooked cereal, rice, pasta	3 or more servings a week
Fish	1 serving per week
Poultry, 3 ounces	2 servings per week
Olive Oil, 1 Tablespoon	Use as your oil source
Wine, 5 ounces	1 glass a day
Limited Foods	Servings
Red Meat	Less than 4 servings a week
Butter and Margarine	Less than 1 tablespoon per day
Cheese	Less than 1 serving a week
Pastries and Sweets	Less than 5 servings a week
Fried or Fast Foods	Less than 1 serving per week

Easy MIND Diet Sample Menu

BREAKFAST

- 6 oz. Greek yogurt topped with ½ cup blueberries and ½ cup strawberries
- 1 slice whole-grain toast with half an avocado, mashed

SNACK: 1/3 cup almonds, unsalted

LUNCH

- 2 slices whole-wheat bread
- ¾ cup cooked chicken breast
- 1 teaspoon Dijon mustard
- Salad— 1 cup spinach, 1 cup fresh cucumber slices, ½ cup tomato wedges, 1/3 cup walnuts, 1 teaspoon low-calorie Italian dressing

DINNER

- 3 oz. salmon topped with 1 teaspoon tarragon and 1 teaspoon mustard
- ½ cup amaranth, ½ cup zucchini and 4 asparagus spears
- 1 cup lima beans
- Salad: ½ cup arugula, ½ cup baby spinach, 1 tablespoon vinaigrette dressing made with olive oil

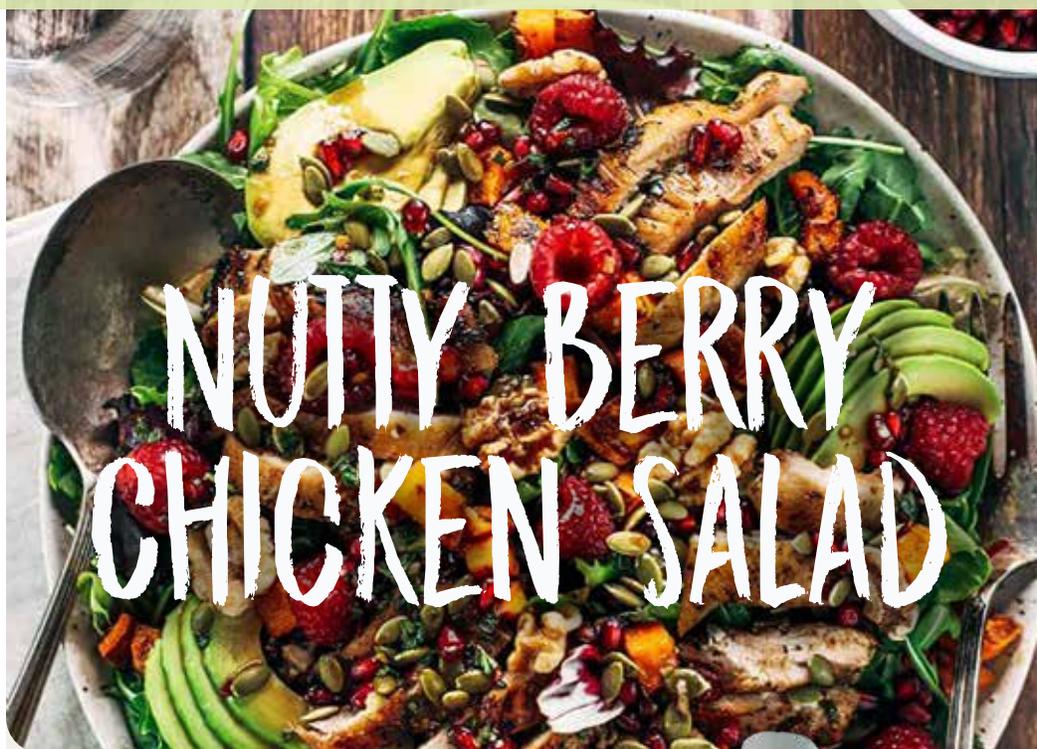
SNACK: 1/3 cup sliced almonds

What's In Season

ASPARAGUS Asparagus is a great choice to add to your menu in March. The vegetable is packed with nutrients including vitamins A, C, E, K and B6, as well as folate, iron, copper, calcium and protein.

It's a rich source of antioxidants. Asparagus is low in fat and calories but it also contains lots of soluble and insoluble fiber, making it a good choice if you're trying to lose weight. Because your body digests fiber slowly, it keeps you feeling full in between meals.

Asparagus is a great source of Vitamin E that helps strengthen your immune system and protects cells from the harmful effects of free radicals. Roast asparagus with a little olive oil because our body absorbs vitamin E better if it's eaten alongside some fat. With vitamin B6 and folate it can help boost mood.



NUTTY BERRY CHICKEN SALAD

This is such a wonderful and healthy salad you can enjoy for dinner as the main entrée. I love the textures and using sweet potatoes gives this dish that extra kick that will truly bring a smile to family or guests faces.



SCOTT
COOPER
Executive
Chef

Bon Appetit!

Ingredients *Yields 2 servings*

- 4 chicken breast skinless boneless
- 1 avocado
- 4 c baby arugula
- 1 t garlic powder
- 4 c mixed baby greens
- 1 c pomegranate seeds
- 1 c raspberries, fresh
- 2 T rosemary, fresh
- 1 T sage, fresh
- 1 sweet potato, large cooked
- 1/3 c balsamic vinegar
- 2 T maple syrup
- 1 t mustard, stone ground brown
- 7 T olive oil
- 1/4 c pumpkin seeds, raw or toasted
- 1/2 c walnuts, raw or toasted

Directions

Sear, grill or poach your favorite chicken (dark or white meat). Place balsamic vinegar, maple syrup and mustard in a slow mixing bowl, while whipping slowly add olive oil to make dressing, season accordingly with salt and pepper. Place arugula in salad bowl and top with the rest of ingredients, this is the fun part especially when you are creative. Serve with your homemade dressing.



EXERCISE:

The most important
thing you can do
for your brain

“ The moment my legs began to move, my thoughts began to flow.”

Henry David Thoreau

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During the last decade, Neuroscience has shown that physical exercise has extraordinary effects on our brain. Most people know by now that exercise will improve mood. But it will also boost cognitive abilities like memory, attention, creativity, and how we cope with stress.

But why is exercise so important for the brain? This is where Neuroscience presents a compelling answer. Suspend reality for a

moment and imagine that rather than spending your day engaged in intellectual stimulation in front of your computer, you are instead living in the wild like our caveman ancestors. Our brains are basically the same today as they were 10,000 years ago. It was when our ancestors were moving during hunting, running from predators, and discovering new lands, that they really needed their cognitive abilities. That was when they needed to be attentive, and have a memory to remember new experiences. That is why evolution has slowly tailored the brain in such a way that it benefits from exercise and that is why we still benefit from it today as our brains have not changed since our ancestor days.

Our ancestors walked great distances in search of food and better habitat, crossing through unfamiliar and dangerously challenging terrain and transcending long distances. The shift towards high levels of physical

activity during our transition to hunting and gathering led to a physiological requirement for physical activity to maintain the health of organ systems from our brains, to our cardiovascular system, to our musculoskeletal system.

In today's world we cover great distances sitting on our gluteus maximus, behind the wheel of a car with the help of a GPS. And, so we have this mismatch between old genes and old aspects of our biology with our current, decidedly more comfortable lifestyle. We are less challenged and less active. And we are living longer. We need our brains to be working well for as long as we live.

Wave after wave of studies, papers, articles and hypothesis exploring the links between mental and physical fitness are emerging from labs and universities all over the world. All this research will hopefully give us even more motivation to get fit.



Spotlight on...
Jamie Anton,
Fitness Center Admin

Jaime began her career in health & fitness in 2006 after close to a decade in the financial services industry. She began her career as a Group Fitness Instructor (ACE) and Certified Personal Trainer (NASM) and later shifted her focus toward mindfulness, coaching and modalities that connect the body and brain.

"I have seen firsthand how taking care of the mind can have immense positive effects on one's body and overall physical health and vice versa. I know personally, I had experienced many injuries and health related complications when I wasn't fueling my emotional and brain health properly. Just as we need to nourish our bodies with

healthy food for athletic performance, we need to do the same for our mental health."

Jaime became a yoga instructor (RYT-200) in 2013 and is also a certified plant-based nutrition consultant. She incorporates mindful eating as well as breathing and movement patterns with her clients and in her classes.

A recent transplant from Denver, CO, Jaime enjoys spending time at the ocean, running, practicing yoga and spending time with her two dogs; All things that contribute to her overall mental well-being.

"I am thrilled to join the Gleneagles team and I appreciate the warm welcome from all the members and staff!" -Jaime



Move your Body, Work your Brain

The Ageless Grace program is based on the cutting-edge science of neuroplasticity, the ability of the brain and central nervous system to change form and function. Our class pays particular attention to range of motion and working toward optimal function of the major joints of the body, including fingers and toes. Ageless Grace also encompasses the following:

- The relationships of all the parts of the body to the whole
- Confidence in and redevelopment of the ability to move up and down, or from floor to standing and back to the floor again
- The use of movement to restore and rejuvenate all the working parts of the body

- The connection between the body and brain, which affects not only the body but attitudes and outlook; the brain as stimulus for the central nervous system
- Improvement of body cognitive and motor function, including balance
- Creativity, imagination and playfulness generated from physical spontaneity.

This is body and brain working together to the tune of lively and fun music. You will like the way you feel afterward.

Ageless Grace

Saturdays 11:15 am – 12:10 pm
in the Group Exercise Studio
with Lynda Edwards

