



# Introduction to Brain Fitness

Speaker Name and Title

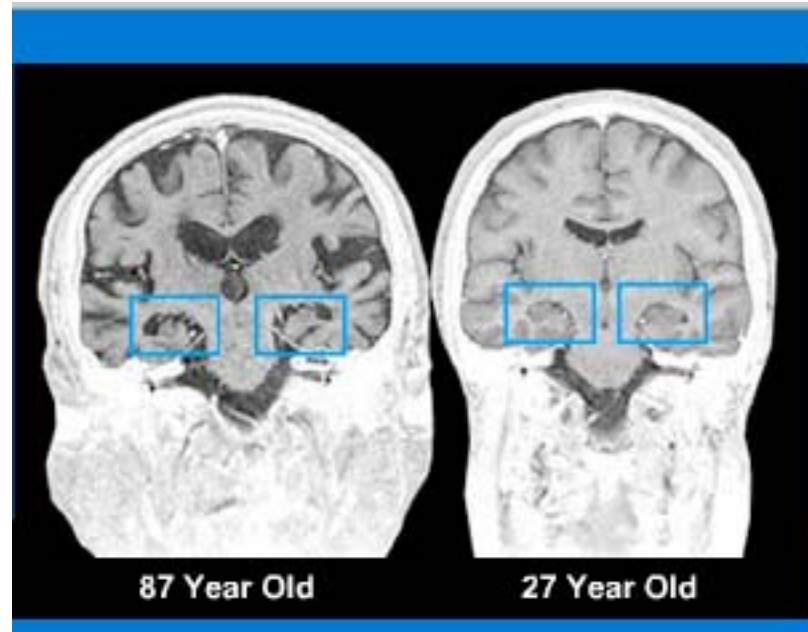
# Question Parking Lot

- Refer to Handout #3 (HO#3)
- Write any questions you may have on this sheet.
- If time permits, questions will be answered at the end of class.



# Your Changing Brain

- The physical makeup of the brain occurs as we age.



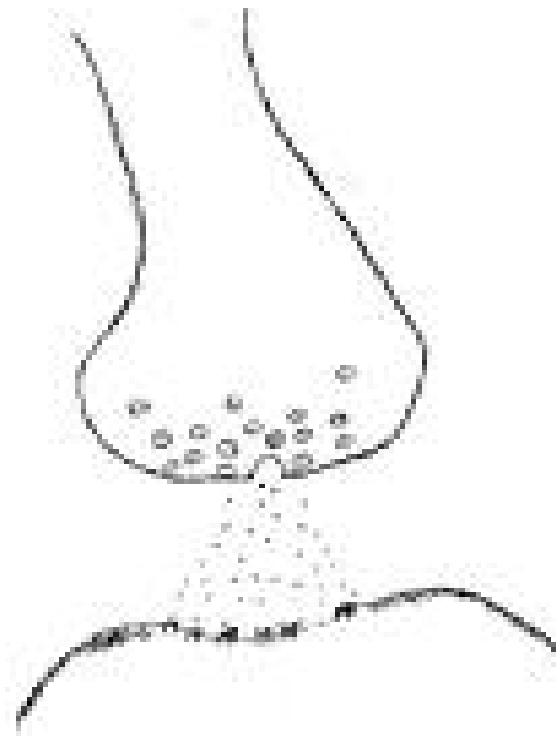
# Your Changing Brain

- Postural changes and negative plasticity can lead to an increased risk of falls.



# The Neuron or Nerve Cell

- This is a simulation of a synapse.



# Dendritic Sprouting

- This is the process through which connections with other neurons is made.
- These connections enable the neuron to be stimulated directly or indirectly



# Neuroplasticity

- Also called cortical re-mapping
- The neurons ability to change it's function or increase connections or change connections with other neurons.
- Example of neuroplasticity



# Neurogenesis

- Birth of new neurons.

*Congratulations  
on the birth of your  
new neuron!*





# How the brain learns

- You must combine motivation and practice to form new neurons.
- Choose activities you like
- Stick with them but try new things too
- Learn new activities consistently



# Memory of an Elephant?

- Once the brain learns a skill it doesn't forget.



# Neurons that Learn Together...

- Grow together!
- Motivation is key to growing neurons.



# Components of Brain Fitness

- Use it or lose it
- Move it or lose it
- You are what you eat
- Think positive and learn to manage stress



# Components of Brain Fitness

- Practice lifelong learning
- Challenge yourself daily
- Make-up your own mind
- Take to the road.



# Components of Brain Fitness

- Make new friends but keep the old
- Do something for someone else



# Brain Fitness Activities

- Challenges
  - Travel to new places – new profession or volunteer job – learn a new sport
- Everyday Challenges
  - Listen to new music – Find a new friend – increase your physical activity – change a habit
- Learning
  - A new language – get involved in a community project – take a new type of class
- Business and Computer Skills



# Brain Fitness Activities

- Fine Arts
- Business or computer skills
- Musical skills
- Home maintenance
- Cooking, Gardening or Animal Care
- Volunteering





# Questions and Answers





“I’ve discovered  
a whole new  
world here.”