



Optimize Your Brain Health
Part 1: Physical Activity & Brain Food

Educational & Informational Resources:

1. Presenter Information

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Freebie Library & Newsletter: <https://sensoryfordementia.com/freebie-library-signup/>

2. Physical Activity Resources

- www.AllTrails.com hiking and walking paths (website and app)
- www.alz.org: Walk to End Alzheimer's
- www.GoNoodle.com: family-friendly movement activities & "brain breaks"
- Moderate Aerobic Exercise Examples: brisk walking (at least 2.5 miles/hour), water aerobics, dancing (ballroom or social), gardening, tennis (doubles), biking slower than 10 miles per hour, wheelchair aerobics, self-propel manual wheelchair...

3. Brain Food Resources

- www.BlueZones.com: Blue Zones articles, recipes
- www.Cuisinicity.com: Mediterranean style recipes by Catherine Katz
- [Nutrition Detectives](#): food label literacy program
- Book: "This is Your Brain on Food" by Dr. Uma Naidoo
- Gut-Brain connection
- Sensory Snacks for Arousal Regulation:
 - Alerting: crunchy, chewy, spicy, sour, tart, cold
 - Calming: smooth, creamy, warm, sweet
- Enjoy a true, technology-free lunch break every day and focus on eating mindfully
 - Notice the sensory-rich experience of eating: Is the food chewy or crunchy? Is the food sweet or spicy? How hard do you have to chew raw vegetables versus fresh berries? What smells do you notice? What internal sensation do you observe as you transition from hungry to full?

4. 20-20-20 Rule

- Technology break: every 20 minutes, take 20 seconds to look 20 feet away
- Bonus: incorporate a movement/stretch break