

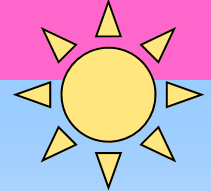
Mission In Motion

Health & Wellness Weekly Bulletin

August 2012—Preventive Health



August 20, 2012 : Week 4

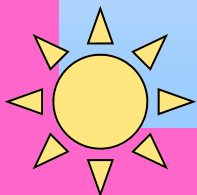
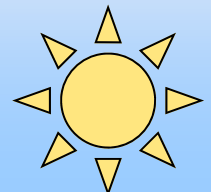


Lower your risk for Alzheimer's

Risk factors that increase the likelihood of developing Alzheimer's include age (65 years and older), family history and genetics. Although these are uncontrollable risk factors, research has shown that you can influence the onset of the condition:


- Protect your head and wear your seat belt to avoid a head injury; wear a helmet when participating in sports and fall proof your home.
- Try to keep your weight within recommended guidelines.
- Avoid tobacco and excess alcohol.
- Stay socially connected.
- Exercise both your body and mind.

Source: Alzheimer's Association




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THE BRAIN BENEFITS OF EXERCISE

 INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR

 IMPROVES MEMORY

 LENGTHENS ATTENTION SPAN

 BOOSTS DECISION-MAKING SKILLS

 PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS

 IMPROVES MULTI-TASKING AND PLANNING



Men'sHealth