

**1 in 10**  
people  
ages 65+

**in U.S. have  
dementia.**

**More common in women  
than men**

**9.3  
million  
people**

affected by  
**Alzheimer's disease  
and related dementias**  
in the U.S. **by 2060**  
(AHA)

**1/3 of  
the time**

dementia is caused  
by risk factors that  
**you can control**  
(Mayo Clinic)

dietary  
patterns may  
contribute to  
depression

**25% to 35%  
lower risk of  
depression**

When eating a more  
traditional diet – like  
the Mediterranean



# Our Brain, Our Health

*Protecting our future*

## **Disclaimer**

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The material and information presented here is  
**for general information purposes only and is not medical advice.**



# About the Brain

**Your brain is 60% fat!**

# Brain Function



Command center for the nervous system - sends and receives chemical and electrical signals throughout the body



Enables thoughts, memory and emotions



Interprets senses and control of movement



Maintains cognitive, mental, and emotional processes



Regulates immune system, temperature, breathing



Maintains behavior and social cognition

Judy

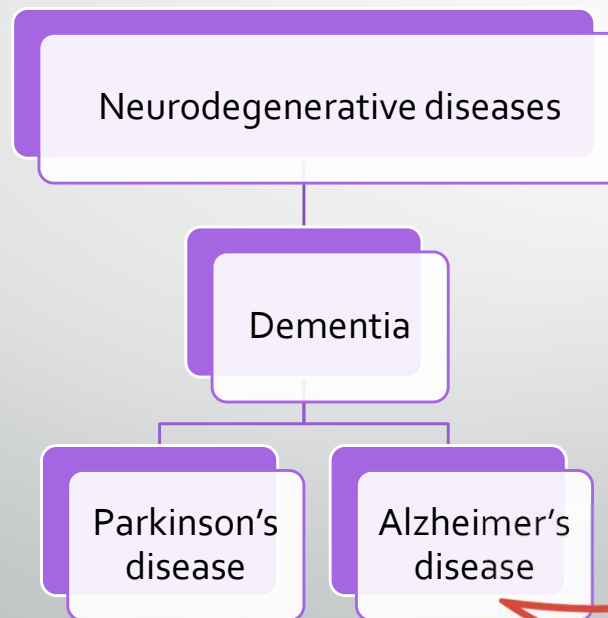
# Brain Health

Ability to perform all the mental processes of cognition, including the ability to learn and judge, use language, and remember.

*CDC*

# Neurodegenerative diseases

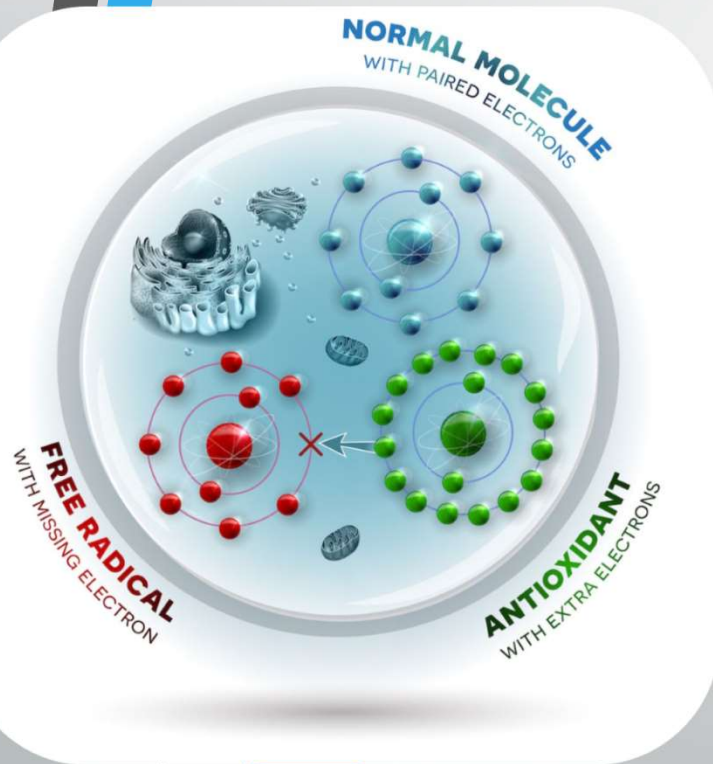
Brain disorders with detectable destruction of brain connections or networks



Causes 60-80% of dementia cases.  
Caused by damage to brain cells  
Not a normal part of aging

# Oxidative Stress

Imbalance between Antioxidants and Free Radicals in cells



Free Radicals - Too many is not good!

- What increases Free Radicals?
  - Overeating, poor diet, stress, pollution, and hyperglycemia
  - Cigarette smoke and excessive UV exposure
- Impact of Free Radicals?
  - Inflammation, insulin resistance, complications of diabetes and metabolic dysfunction

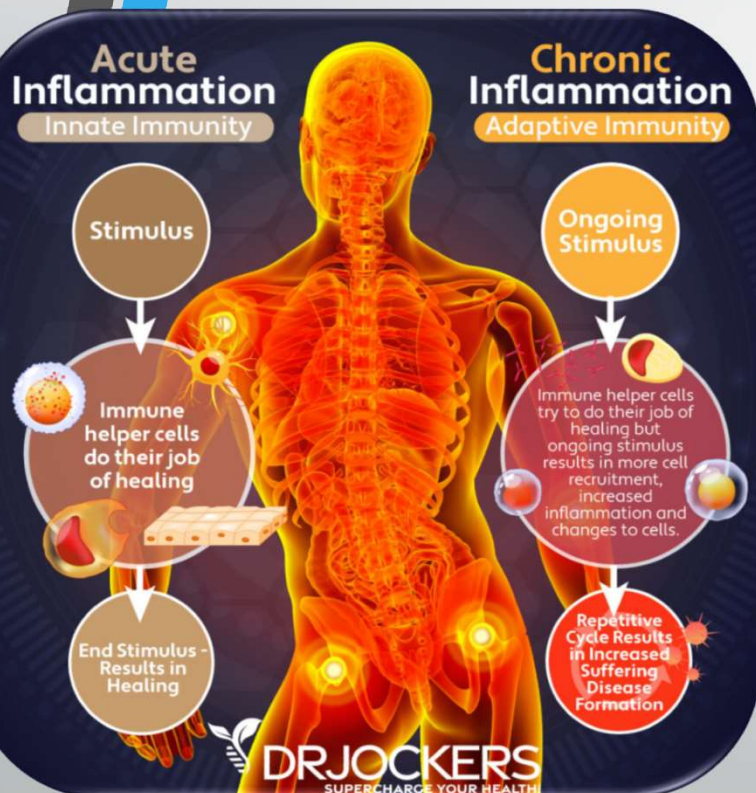
Antioxidants - Help reduce free radicals

- Get antioxidants with
  - Diet (+ fruits and vegetables)
  - Exercise
  - Sleep

Ally

# Inflammation

Your immune system's response to a perceived injury or infection.



## ACUTE inflammation

- Occurs when you're injured or have a virus
- Army of white blood cells flow in to fight infection and help you heal.
- TEMPORARY (like a swollen ankle or redness in a cut)

## CHRONIC inflammation

- Persists over time
- Can be triggered by
  - Exposure to toxins
  - Autoimmune disorders
  - Chronic stress
  - Obesity
- Can lead to
  - Heart disease
  - Depression
  - Arthritis
  - Alzheimer's disease



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## Chris Williamson & Max Lugavere on keeping the brain healthy

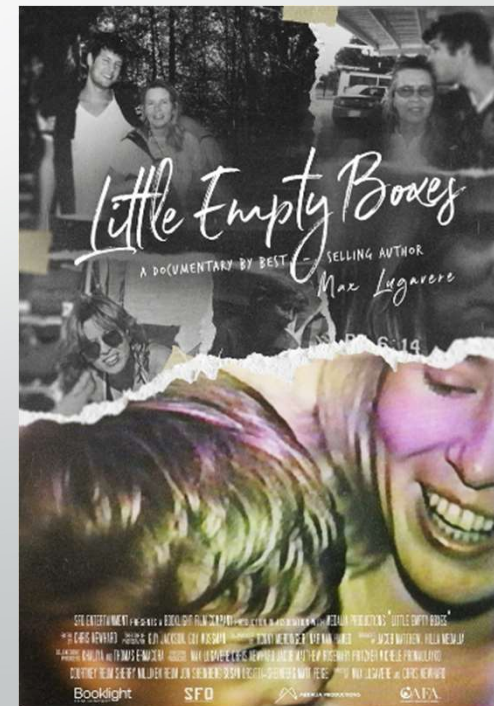


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## About Max Lugavere

- Health and science journalist, filmmaker, and bestselling author.
- *Genius Trilogy*
  - *Genius Foods* book
  - *Genius Kitchen* book
  - *The Genius Life* podcast
- Approach focuses on foundational principles of wellness—like good nutrition, quality sleep, regular exercise
- Max's mom suffered from early onset Dementia. As a result, he dedicated his life to exploring how we can prevent dementia, especially through lifestyle





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# Action Plan



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## What next? Your Action Plan

Lifestyle

Nutrition

Health  
Check-In

# LIFESTYLE

## Sleep (7-9 hours)

- This is when your brain (and body) cleans itself

## Move!

- Resistance Training – there is a link between STRENGTH and BRAINS!
- Walking

## Relationships

- “Cognitive Reserve” – engage in real life with others, learn a new language or skill
- Isolation/Loneliness is a toxin on par with alcoholism

## Stress

- Elevated stress = elevated cortisol = inflammation

Coming to the gym  
is a great tool in  
your tool box

# About Protecting your Muscle

**Anabolic = build up**

**Catabolic = break down**

**Anabolic resistance:** when signals to build up muscle through [strength training](#) or eating protein is **muted**  
Anabolic resistance occurs in older adults.

Anabolic resistance can be overcome with increased amount of strength training + protein intake.

## Overall protein intake

- 0.54 – 1 grams/pound ideal body weight
- 165-pounds = 90–165 g per day

## To build muscle

- Eat enough protein overall AND do weight training
- 30 – 35 g protein within one hour of weight training
- 30 – 35 g protein / meal

<https://longevity.stanford.edu/lifestyle/2024/01/23/protein-needs-for-adults-50/>

# NUTRITION

## Add these!

- “Whole Foods Diet” – plants & meats
- Protein – you need more than you think!
- Grass Fed/Finished red meat
- Shellfish
- Legumes
- Avocado – for healthy fat antioxidants
- Blueberries – for antioxidants
- Dark leafy greens

## Limit these!

- Ultra-Processed Food
- Refined grains (white bread, chips)
- Added sugars (cookies, pastry, table sugar)
- Seed Oil

Judy

# HEALTH CHECK-IN

Eyes

Ears

Blood Markers

Brain Score Survey



# McCance Brain Care Score

- **12 physical, lifestyle, and social-emotional domains**
- 400,000 adults **ages 40 through 69** followed an average of **12.5 years**
- **Higher scores had lower risks of developing strokes or dementia over time**
- More dramatic drops among people younger than 50 compared to those ages 59 and older
- Benefits were still evident for people in their 60s
- **5 point higher score linked to a 33% lower risk of stroke**
- **Higher scores** were also associated with a **lower risk of depression over time**

# About supplementation

- Lots of supplement recommendations for brain health
- Speak with a knowledgeable professional who can help you and discuss your needs (ex: Hill Country Health Food)



# Handouts

The Brain is the  
Most Complex  
Organ in our body

AARP - Lowering  
your risk for  
dementia

Lifestyle Checklist

Reading &  
Viewing List

Brain Foods  
Shopping List &  
Recipes

Brain Health  
Scorecard

# References

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