

Our Purpose

Mission Statement:
Helping others to walk the straight road toward good health and financial success…

Vision Statement:
To accomplish this mission, we commit to these values and follow them in our pursuit of success:

- Community
- Improvement
- Commitment

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Straight Road International

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Brain Health

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Straight Road International is a 501(c)(3) non-profit organization that serves communities through programs focused in two key areas: Health and Financial Literacy.

About the Matter



The human brain is an exceptional organ that plays a crucial role in memory, cognitive function, emotions, and movement. Sustaining a healthy brain is essential to overall quality of life and well-being. This is especially so for aging populations where the prevalence of neurological disorders is significantly higher.

Here are six lifestyle changes that have been identified to have a positive impact on brain health:

(1) Getting a good night's sleep

(2) Exercising regularly

(3) Eating a proper diet

(4) Effectively managing stress

(5) Being socially active

(6) Being mentally stimulated

Let's look at each of them in more detail.

1. GETTING A GOOD NIGHT'S SLEEP

Quality sleep supports memory, focus, and emotional balance. Setting aside concerns during sleep time allows your mind to rest deeply. Lack of sleep can affect thinking, mood, and overall wellness. Additionally, it is essential to maintain consistent bedtimes, have a quiet space, and avoid screens before going to bed.

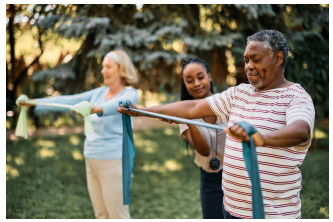


1. *Source: scienceofmind.org*
2. *Source: National Sleep Foundation.*

Improving Brain Health

2. EXERCISING REGULARLY

Regular movement supports memory, problem-solving, reasoning, and attention. Exercise can help reduce anxiety, boost mood, and support overall mental health. It is suggested that 150 minutes of moderate activity per week is needed; however, smaller amounts can also be beneficial. Choosing activities that you enjoy (gardening, walking, or dancing) can provide added incentive.



3. EATING A PROPER DIET

Eat foods that support brain health. This includes fresh fruits and vegetables, whole grains like brown rice and whole wheat, healthy fats from seeds, nuts, and olive oil, lean proteins from fish, beans, and poultry, and drinking plenty of water. Limit foods high in saturated and trans fats, processed foods, sugary drinks, salty foods, and drinks with alcohol and caffeine.



4. EFFECTIVELY MANAGING STRESS

Stress can be managed with the right tools and resources. The use of relaxation techniques like meditation, breathing exercises, and yoga, finding safe spaces to discuss issues, exercising, making time for hobbies and interests, and maintaining strong social connections are effective in managing stress.

1. *Source: World Health Organization: Physical Activity Guidelines.*
2. *Source: Alzheimer's Association: Nutrition and Brain Health.*
3. *Source: American Psychological Association: Stress Management Tips.*

Partners

Grants and oral health supplies from Marion County Healthcare Foundation and Delta Dental fund this work.

Marion County Healthcare Foundation

DELTA DENTAL

5. BEING SOCIALLY ACTIVE

Meaningful relationships play a crucial role in supporting healthy aging and brain health. It is essential to have regular visits with family and friends, be involved in local groups and events (e.g., church), and bond through shared experiences. Social isolation, on the other hand, can harm an individual's emotional well-being and brain health.



6. BEING MENTALLY STIMULATED

The brain needs exercise just as the body does. Mental stimulation helps to provide this "exercise" and promote brain health. Utilizing stimulating materials like puzzles, games, and books, learning new skills like language or cooking, or working on a project in a team setting provides this type of stimulation. An active mind is good for brain health.



1. *Source: CDC: Social Isolation and Loneliness.*
2. *Source: National Institute on Aging: Cognitive Health and Older Adults.*