

Total Nutrition

Seven Ways To Sharpen Your Brainpower Ⓟ

by *Mindy Hermann, R.D.*

(NAPSA)—Exercising your brain is as important as exercising other parts of your body. Here are a week's worth of tips to help keep your mind in shape.

Monday—Get enough vitamin E to help support healthy brain function. This antioxidant vitamin



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helps maintain a healthy nervous system by protecting nerves and brain tissue from damage. Start your day with a bowl of Total Raisin Bran and you'll meet the daily value in the first meal of the day.

Tuesday—Include physical activity in your day. A growing number of research studies show a link between exercise and a healthy mind and body. Enter the activity into your appointment book or PDA, just as you would write down a meeting or work-related obligation.

Wednesday—Find thinking games that you enjoy, such as crossword puzzles, word jumbles, online word games or Sudoku. Like exercising your body, exercising your mind feels good. Also, Chinese researchers found that people who played board games were less likely to experience mental decline. The Total Web site at www.totalcereal.com offers a few mind games in its "Play" section.

Thursday—Volunteer in your community or for a cause that matters to you. According to the U.S. Administration on Aging, volunteering helps keep the brain active and helps preserve memory. Visit the Administration's Web site at www.aoa.gov for suggestions on volunteerism.

Friday—Take a good look at your health habits and identify areas to improve. "The State of Aging and Health in America 2007" from the Centers for Disease Control and Prevention points out that high blood pressure, high cholesterol, diabetes, obesity, smoking and physical inactivity are all linked to a decline in mental function.

Saturday—Stock up on vegetables for the week ahead. Vegetable eating may help maintain healthy brain function, according to researchers in Chicago. So pick the freshest-looking vegetables or choose frozen and enjoy them at lunch and dinner every day.

Sunday—Spend time with friends and family. Studies suggest that being with friends may help keep the brain healthy.

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