September 2017
Healthy Aging® Month! Find Your Fountain of Youth

The MIND Diet
Healthy Aging Advice from SB Leaders
DASH Diet & Healthy Aging
Cajun Parmesan Salmon Recipe
Finding Your Balance
Loss of balance is not just a problem for elderly. Much like strength and muscle mass, balance tends to decline in midlife if you don’t work to prevent it. Improving balance is something we should be thinking about at all ages. Regularly incorporate Yoga, tai chi or balance training to your exercise regime.

Healthy Aging: Prevent High Blood Pressure
High blood pressure often increases with age and can lead to strokes and significant decline in cognitive function. Following the DASH Diet is a proven way to manage hypertension and decrease the risk of high blood pressure. Combining this healthy eating style with regular physical activity will enhance cardiovascular and cognitive health.

September is Healthy Aging® Month. Your daily choices become habits. Your habits will play a huge factor in your health as you age. Create a life you love now and will be happy with for years to come.

Neuroscience research has shown that 90% of your brain’s stimulation and nutrition comes from spinal movement. That is why after hours of sitting in your office chair, you begin to feel "brain fog." Your brain needs the circulation that comes from moving your body. That movement feeds your brain’s creativity.
FINDING YOUR FOUNTAIN OF YOUTH

“When it comes to staying young, a mind-lift beats a face-lift any day.” - Marty Bucella

From Ponce de Leon’s voyages for the fountain of youth in the early 1500’s to the vast modern medicine and nutrition science promises of today, the lure for the elusive secret to staying younger and living longer seems to remain a constant to mankind. The real truth is that youthful living is not external at all, it’s internal. Finding your own fountain of youth is as simple as following logic and commonsense to good living through exercise, diet and power of the mind. Common sense should tell us that we can’t swallow a pill or take an injection to supplement nature. There is a power within each of us that we must tap into to achieve a healthy and long life. In essence, feeling younger begins with a quality mental picture, one that reduces our tendency to compare ourselves to others in order to determine how healthy we really are. Much of our vitality already exists and we are primarily in control of the health and energy we acquire. The real quest should be to achieve balance in life through healthy daily routines. Routines that will eliminate bad habits and promote good ones. The real secret to healthy aging is making choices each day that promote youthful living and well-being. As Eleanor Roosevelt said, “Beautiful young people are accidents of nature, but beautiful old people are works of art.”

FOUNTAIN OF YOUTH TOP FOUR

There are numerous factors that support a healthy mind and happier life but the following 4 should be on the top of everyone’s list:

1. **Exercise:** With all the hope of finding an antidote to aging, if exercise was a pill, it would be the next blockbuster. Exercise offers tremendous mood benefits and cognitive stimulation. Exercise also has other life-giving effects, including longer life expectancy. Researchers have identified movement as one of the most important strategies for protecting both the body and the brain, even going so far as calling sitting the new smoking.

2. **Live with Purpose:** Having a sense of purpose is what gets us up in the morning and gives life meaning. One study found that people with a sense of purpose had a 15% lower risk of death, compared with those who said they didn’t have much purpose. It also didn’t seem to matter when people found their direction. It could be in their 20s, 50s or 70s.

3. **Find joy:** Work to adjust your attitude and focus more on the positive. Manage stress, get sufficient rest and relaxation and allow room for other people. Our friends and family give us purpose and lift our spirits in times of need. Participating in communities, taking an interest in the lives of others, engaging with friends and neighbors — these are things that keep us “young at heart.”

4. **Eat Good Food:** A Johns Hopkins-led study of 6,200 men and women over eight years found that those who adopted four smart behaviors (nutrition habits being one of them) reduced the chance of death from all causes within that time frame by an astounding 80%. The study found that the healthiest people followed a Mediterranean-style diet. That means a diet rich in fresh fruits and vegetables, whole-grains, legumes and nuts with healthy oils, fish and less red meats.
September is Healthy Aging Month: Take Control of Your Health

According to the CDC’s Report on the State of Aging and Health in America 2013, the growth in the number and proportion of older adults is unprecedented in the history of the U.S. Longer life spans and aging baby boomers will double the population of Americans aged 65 years and older in the next 25 years to about 72 million. More than a quarter of all Americans and two out of every three older Americans have multiple chronic conditions. The treatment for this population accounts for 66% of the country’s health care budget.

The topic of healthy lifestyles and healthy aging is one that involves and impacts all Americans. We each have a personal responsibility to make daily decisions that will enhance our quality of life while supporting a healthier population as a whole. Healthy aging, in reality, begins at birth. But changes and improvements to lifestyle can begin at any age or stage in life. Many health risks from poor lifestyle habits can be reduced and in some cases reversed with healthier behaviors. Healthy aging isn’t about a number. It’s a choice, it’s a mindset and it’s a way of life. Take this month to assess the areas of your life that impact your overall well-being. Take control and make a difference by changing your daily habits. If you think it’s too late to reinvent yourself, think again! Now is the time to start making your life a healthier, happier, more vibrant one.

The MIND Diet: Designed to Prevent Dementia

Staying healthy in mind is a top concern as we age. Dementia, Alzheimer’s and Parkinson’s continue to be growing threats for the aging population. Research suggests a healthy diet at all ages can impact our risk and may help prevent or prolong these illnesses. The MIND Diet may help you get on the right track to prevention.

While there is no such thing as a perfect diet or plan for everyone, a healthy diet is one that meets your nutritional needs, supports you in maintaining or working towards a healthy weight, and fits into your lifestyle. The MIND diet can meet most of these needs while focusing on the aging brain and risks involved.

The MIND diet takes two proven and USDA approved diets – The DASH and Mediterranean Diets – and focuses on the foods in each that specifically affect brain health. The emphasis is on eating foods from brain-healthy food groups like green leafy vegetables, nuts, berries, beans, fish, and poultry while avoiding foods from the unhealthy groups like red meats, cheeses, sweets, and fried or fast food. Even moderate changes to diet in this direction can reap benefits. One study found the MIND diet lowered Alzheimer’s risk by about 35% for people who followed it moderately well and up to 53% for those who adhered to it rigorously. The diet is simple with no daily calorie limit, specific timing for each meal, rules about snacks, or elimination of food groups. That’s because the diet’s sole focus is to increase your intake of foods that are healthy for your brain, and cut back on those that can lead to a diminishing mind. For more on the MIND diet: Details on MIND Diet
Cajun Parmesan Salmon
This recipe from Delish.com is rich in anti-aging Omega-3 Fats with Cajun seasonings that will give your salmon a delicious kick!

**Ingredients:**
- 1 tbsp. extra-virgin olive oil
- 4 4-oz. fillets salmon (preferably wild)
- 2 tsp. Cajun seasoning
- Freshly ground black pepper
- 2 tbsp. butter
- 3 cloves minced garlic
- 1/3 c. low-sodium chicken or vegetable broth
- Juice of 1 lemon
- 1 tbsp. honey
- 1 tbsp. freshly chopped parsley, plus more for garnish
- 2 tbsp. freshly grated Parmesan
- Lemon Slices for serving

**Directions:**
1. Heat oil in medium-high heat large skillet. Season salmon with 1 teaspoon Cajun seasoning and pepper, then add to the skillet skin-side up. Cook about 6 mins until it is deeply golden, then flip and cook 2 minutes more. Transfer to a plate.
2. Add butter and garlic to skillet. When the butter has melted, stir in broth, lemon juice, honey, remaining teaspoon Cajun seasoning, parsley, and Parmesan. Bring mixture to a simmer.
3. Reduce heat to medium and add the salmon back to the skillet. Simmer until the sauce has reduced and the salmon is cooked through, 3 to 4 minutes more.

“There is a **FOUNTAIN OF YOUTH**. It is your mind, your talents, the creativity you bring to your life and the live of the people you love. When you learn to tap this source, you will truly have defeated age.” - Sophia Loren

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**Healthy Aging Advice from the SB Leaders:**

“**As I approach age 50, I find that what I really want is balance. The world around us is quite crazy at times. Keeping a sense of peace and calm takes constant work. I practice gratitude every day...it’s the best medicine for mind, emotion and spiritual health. Balance of these elements along with physical health to me is healthy aging!”** - Shelly Beall, Owner

“For me, it’s about staying fit. I have a deep passion for exercise and love to challenge myself. I know in order to continue on this path as I age I must take care of my body. Good rest, a healthy mind and good nutrition are a must. This helps me stay focused on balanced, healthy living that will hopefully lead me to still doing handstands at 75!” - Katie Normand, Vice-President

“Along with the healthy eating and daily exercise, in the last few years I have started to focus on the positive in every situation. I choose to find joy and think that with each problem or situation I am in, things can always be worse. It has definitely given me a better perspective on my life because ‘Everyday is a good day!’.” - Shannon Holt-Janis, Manager of Operations