

# Welcome to BrainFit PD

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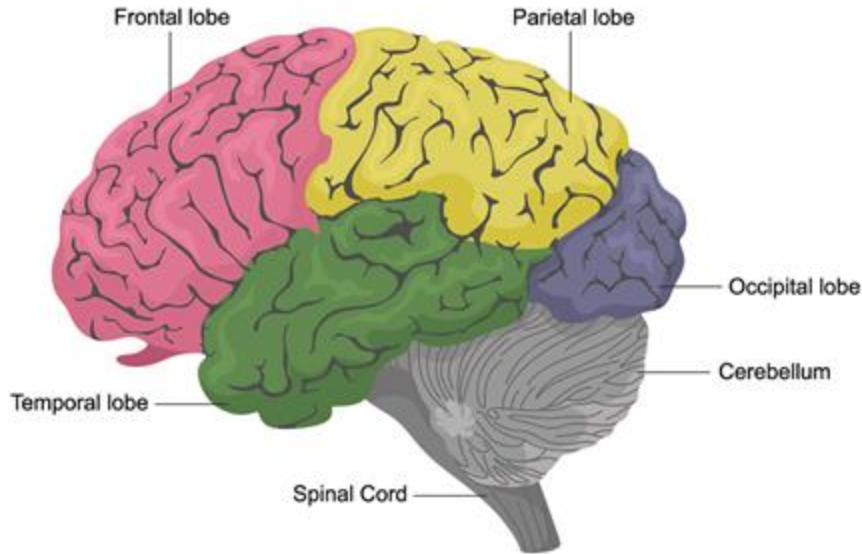
# Meet Me

- Speech Language Pathologist
- Drake University and James Madison University
- Owner of Connect Therapy
- LSVT-LOUD Certified
- Live in Waukee with husband, 2 daughters and dog



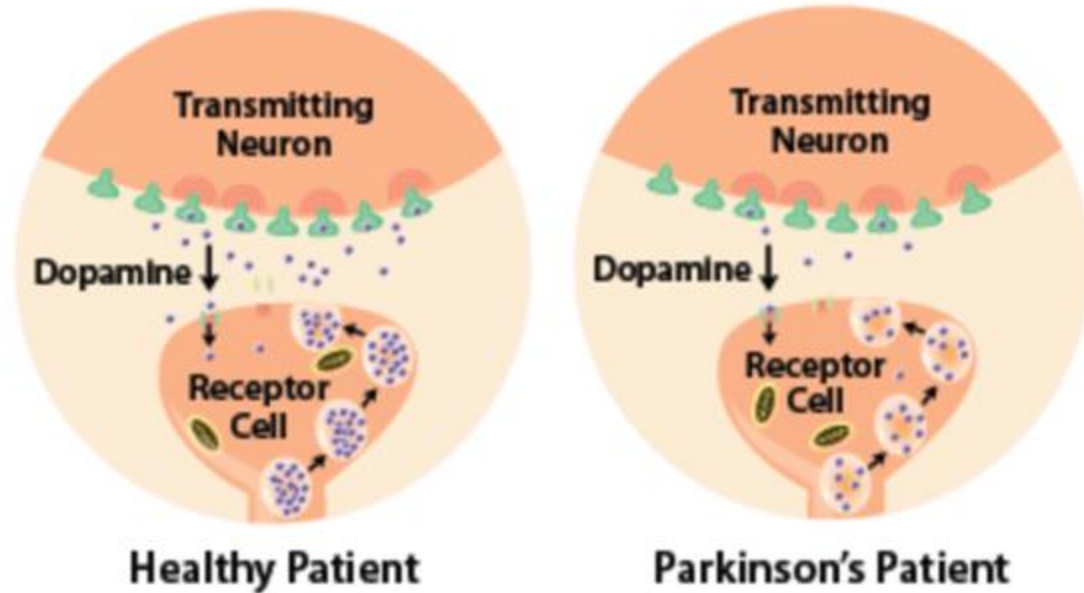
# Our Brain

## Human Brain Anatomy



The brain is a complex organ that controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every process that regulates our body. The brain and spinal cord make up the Central Nervous System.

# How Parkinson's Disease impacts your brain



Source: National Institute of Environmental Health Sciences

# What is Cognition?

Cognition includes all forms of knowing and awareness, such as perceiving, conceiving, remembering, reasoning, judging, imagining, and problem solving.

### Social cognition

Responding to emotion-laden stimuli

### Emotion Recognition

Identifying emotions in facial expressions

### Emotional Bias

Information processing biases for positive/negative stimuli

### Executive function

High level thinking and decision making

### Mental flexibility

Ability to adapt thinking and behaviour

### Planning

Strategic problem solving

### Working memory

Strategy

### Response inhibition

Ability to suppress inappropriate responses

### Memory

Short-term or long-term storage of information

### Episodic memory

Associating an event with a place and time

### Working memory

Holding and manipulating information in mind

### Recognition memory

Recognition of visual, object and spatial information

### Attention

Attending to specific information and ignoring others

### Sustained attention

Continuous performance and visual sustained attention.

### Psychomotor speed

Detecting and responding to the presence of a stimulus

### Choice Reaction Time

Choice reaction time, movement time and vigilance

# What is Cognitive Fitness?

A state of optimized ability to reason, remember, learn, plan, and adapt. Certain attitudes, lifestyle choices, and exercises enhance cognitive fitness. Mental workouts are the key.

# Cognitive Fitness



**C**

## Cognitive Stimulation

Complete a mental exercise you enjoy on a daily basis.



**O**

## Optimize Sleep

Maintain a healthy sleep routine for brain health. Aim for 7-9 hours of sleep per night.



**N**

## Nutrition

The food you eat fuels your brain. Eat a diet rich in vegetables, fruits, plant-based protein and whole grains. Limit animal products, alcohol and refined sugar.





**N**

## **Navigate Stress**

Stress negatively impacts your brain health. Learn healthy ways to manage stress and implement them.

**E**

## **Exercise**

Physical exercise is good for you brain. Aim for 150 minutes of exercise weekly.

**C**

## **Check-ups**

Manage your medical health by staying up to date with physician's, managing chronic diseases and take your medications as prescribed.

**T**

## **Talk**

Socialization stimulates our brain and helps to boost our mood.



## **Cognitive Stimulation**

Complete a mental exercise you enjoy on a daily basis.

- Learning something new
- Listen and recall
- Socializing
- Reading
- Memory games with cards
- Complete a favorite recipe from memory
- Gardening



## Exercise

Physical exercise is good for you brain. Aim for 150 minutes of exercise weekly.

- Exercise is neuroprotective
- Exercise can increase the size of your Hippocampus

If you want more information, we offer an 8-week course

- Ways to improve brain health
- Cognitive exercise
- Socialization
- Strategies for optimized cognition
- Stress reducing strategies

# References

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