

JUNE
2020



KEEPING YOUR brain healthy

Brain health is your ability to learn, remember, plan and concentrate on things. Exercise is good for your brain – but it's a different type of workout. Here are some things to know about boosting your own brain health.

Puzzles are great – but they don't fight dementia.

There is no evidence that crosswords and sudoku puzzles can prevent Alzheimer's disease. But they're still great brain exercise, so keep doing them!

Bring out your creative side.

Recent studies show that doing a creative art can help improve memory, comprehension and problem-solving abilities as you age. So pick up that musical instrument, paintbrush or whatever is fun and creative for you to do.

Talk to your doctor.

If you're worried about memory loss or brain changes, talk to your doctor. They can help you find out the cause of any brain changes and work toward a solution. For instance, lack of sleep and certain medications can cause changes in mood or memory.

Source: National Institute on Aging

Corn on the cob: *A summertime staple*

Corn on the cob is a favorite food at summer barbecues and outings. Its popular flavor makes it a treat – but it has plenty of health benefits too.

BASICS OF CORN

Corn isn't a vegetable. It's actually a type of grain. Whole grain corn contains vitamins and healthy plant compounds.

Some of corn's nutrients include:

- Soluble and insoluble fiber, which helps with digestion and preventing constipation
- B vitamins, including vitamin B5, folate, B6, and niacin, which help with energy and many body processes
- Potassium, which is important for heart health
- Antioxidants, including zeaxanthin and lutein, which may be linked to eye health

MAKING CORN THE HEALTHY WAY

Corn is versatile and can be cooked in several different ways. Many people simply remove the husk and boil it until tender. But you can also grill it, bake it and microwave it.

If you can't find fresh corn on the cob, frozen corn (on the cob or removed) is a healthy option. Look for brands that do not add salt, sugar or other ingredients. Frozen corn is usually microwaved or steamed.

If you use butter or margarine, measure it so you know how much you're using. Start with 1/2 teaspoon and see if you can cover the entire ear of corn with that small amount. Try a salt-free seasoning blend or black pepper for a flavor kick without sodium.

WHAT ABOUT CORN CHIPS?

If corn is healthy, then are foods with corn in them a healthy choice? Not necessarily.

Corn is used in many processed foods like chips and crackers. These products won't have the same health benefits as real corn on the cob.

Many processed foods contain added salt, sugar and unhealthy fats. They may also remove many of corn's natural nutrients. Some research shows that eating a lot of highly processed foods can lead to obesity and health problems.



BE FIT

Too tired to exercise?

Let's face it: exercise takes some energy. And after work and other life responsibilities, many people are tired. This makes it hard to get up and start moving. But there are some ways to “trick” your body into thinking it has more energy, so you might have just enough to go for that walk or stop by the gym for a class. Here's how to do it.

HYDRATE EARLY

Don't wait until an hour or two before exercise to start drinking water. Do it at the start of the day, and continue all day long. Then, when it's time to exercise, you won't have to worry about dehydration and that sluggish feeling.

EAT HEALTHY CARBS

Carbs don't have to be the enemy. Eat plenty of fruits, vegetables and whole grains. These give you energy right away, so try eating them about an hour before exercise.

DON'T SIT TOO LONG

When you can, get up and stand or walk — even for a few minutes. Sitting all day can make you feel drained.

DEEP BREATHS

A quick break for deep breathing or meditation can relieve stress and give you a mood boost. It also helps send more oxygen to your muscles and organs. This can help you feel refreshed and ready for the rest of your day.

PLAN FOR IT

If you can, go straight to the gym after work instead of stopping at home. Or schedule your exercise time — even just 30 minutes — in your calendar with a reminder to prompt you.

Source: American Heart Association