



FIVE WAYS TO KEEP BRAIN HEALTH AT THE CENTER OF YOUR MIND

BY: WELLWORKS FOR YOU

Invest in brain health to maximize your memory, communication ability, problem-solving skills, and overall positive health! According to studies, three out of five Americans suffer from brain disease. To keep your brain nimble, strong, and active, implement the thought-provoking brain health strategies below.

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QUICK FACT

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DID YOU KNOW?

According to a Harvard Health study, having a social support system has been shown to reduce the risk of dementia.

FOOD FOR THOUGHT

You may have heard the term “brain food.” As it turns out, those who consume more fresh vegetables and fruits, nuts, unsaturated oils, and plant-based proteins are guarded against cognitive brain issues (such as dementia).

FITNESS BRAIN BOOSTERS

Routine exercise has been shown to lower blood pressure, regulate blood sugar, and improve mental stress. Studies demonstrate that exercise can even spur the growth of new nerve cells and increase connections between brain cells.

MIND GAMES

While some computer games may strengthen cognitive brain health according to some reports, the most recent data points to “real world” activities as better brain boosters. For example, by switching up your driving routes, learning a new language, or completing a crossword puzzle, you can more effectively increase and protect your cognitive functioning.

FINE-MOTOR MIND TRICKS

Did you know that drawing, knitting, painting, and other activities that require the use of fine motor skills keep the brain healthy? Take up a new hobby that can keep your brain fit!

EMOTIONAL MINDFULNESS

Stress, lack of sleep, and anxiety are linked to a decline in cognitive brain health. Make sure you get enough rest and find ways to relax—your brain needs a break, too!

Source: Wellworks For You

FEATURED RECIPE:

SPEEDY CRAB CAKES

Serves: 4

INGREDIENTS

- 1 large egg
- 2 tablespoons mayonnaise
- 2 teaspoons Dijon mustard
- ¼ teaspoon ground pepper
- Pinch of salt
- Pinch of cayenne pepper
- ¼ cup chopped scallions
- 12 ounces jumbo lump crabmeat, drained and picked over
- ¾ cup panko breadcrumbs, preferably whole-wheat
- 2 tablespoons extra-virgin olive oil
- Lemon wedges for serving



DIRECTIONS

1. Whisk egg, mayonnaise, mustard, pepper, salt, and cayenne in a medium bowl until combined. Stir in scallions. Add crab and panko; stir to combine. Form the mixture into four ½-inch-thick patties.
2. Heat oil in a large nonstick skillet over medium-high heat until shimmering. Add the crab cakes and cook, turning once, until golden brown, 4 to 5 minutes per side. Serve with lemon wedges.

NUTRITION

Serving Size: 1 crab cake

Per serving: 265 calories; 15 g fat (2 g sat); 2 g fiber; 11 g carbohydrates; 22 g protein; 10 mcg folate; 109 mg cholesterol; 1 g sugars; 0 g added sugars; 148 IU vitamin A; 1 mg vitamin C; 73 mg calcium; 1 mg iron; 486 mg sodium; 41 mg potassium

Source: <http://www.eatingwell.com/recipe/270474/speedy-crab-cakes/>

MONTHLY DRAWING



Please e-mail info@wellworksforyou.com with your response to be placed in a drawing to possibly win a **\$25.00 Wellworks For You Visa Reward Card**. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month.

What is one healthy habit you will add to your daily routine to make brain health a priority?

MARCH 2019

HEALTH OBSERVANCE

COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer starts in the colon, the lower end of your digestive system, or rectum. Men and women aged 50 and older are at a higher risk of developing the cancer, although 1 in 9 with the cancer are diagnosed before age 50.

Listen to your body and if you experience any of the below warning signs and symptoms, schedule an appointment with your physician:

- Change in bowel habits
- Rectal bleeding or blood in your stool
- Diarrhea and/or constipation
- Persistent abdominal discomfort
- Nausea or vomiting
- Unexplained weight loss
- Chronic fatigue
- Crohn's, Colitis, or IBS

However, more than half of people diagnosed with colorectal cancer have no symptoms. To prevent the onset of colorectal cancer, take the preventive measures below:

- Get screened at 50, or at 45 if you're African American. Get screener earlier if you're high risk
- Maintain a healthy weight
- Adopt a physically active lifestyle
- Eat a healthy diet
- Don't use tobacco products
- Limit alcohol intake

Sources: <https://www.cancer.org/cancer/colon-rectal-cancer/about/what-is-colorectal-cancer.html>, <https://www.ccalliance.org/patient-family-support/resource-guides>

