

Energy Fitness Memphis Newsletter
Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!
Personal Training Downtown Memphis Since 2002



March 2011 **Did You Forget?**

Do you ever forget stuff? Like where you left your glasses, where you placed that pen, where the car keys are, or even an appointment you had with someone... Things like this are normal. But as you get older, your risk for severe memory loss grows bigger (Alzheimer's is no fun!)

That's why in today's article, I'm going to show you how to take care of your brain and keep your memory sharp-as-a-tack, no matter how old you are.

Yours For Health,

Tonya Tittle, Memphis' Premier Health & Fitness Expert

How to Remember Where You Left Your Car Keys... Even If You're 90! Memory loss is all-too often associated with old age. And unfortunately, with good reason. As most people get older, they become more forgetful. And in serious cases, they can develop dementia and Alzheimer's (scary stuff, to be sure). The good news is there are plenty of things you can do to prevent severe memory loss -- and in the process develop lots of "Brain" power that will keep your memory razor-sharp, well into your "Golden Years."

1. Walk! According to a study presented at the annual meeting of the Radiological Society of North America, it
2. turns out that walking could slow the progression of Alzheimer's and help protect the brain against it.

"We found that walking five miles per week protects the brain structure over 10 years in people with Alzheimer's and MCI, especially in areas of the brain's key memory and learning centers," said Cyrus Raji, one of the study's researchers. This is because walking helps increase brain volume -- a vital sign that the brain is healthy.

Lower brain volume means more brain cells are dying. So start parking far away... take the stairs... take "Fido" for a walk... do whatever you got to do to start walking more!

3. Eat Lots of Fat! I know, this sounds crazy. But I don't mean "bad" fat, like the kind you find in fried foods and cookies and donuts. Instead eat "healthy" fats, like from walnuts, almonds, avocados, eggs yolks, etc.

These contain omega 3s which help reduce inflammation and keep your brain healthy and happy (did you know that 70% of that brain of yours is pure, unadulterated fat? That's why eating healthy fat is crucial).

4. Take your vitamins. Make sure you get some B12, folic acid and vitamin D. They've been shown to help preserve and improve your memory.
5. Challenge your mind. Learn, learn, learn! The more challenging the activity, the better, as it increases your brain volume. So do crossword puzzles, learn new words, a new language, ballroom dance, any thing to keep that mind learning and growing.

Follow these tips and you'll be surprised at how easy it is to keep your mind sharp and alert. No more worrying if you'll remember where you left the keys, even if you're 90!

One more thing - If you're serious about taking control of your health and fitness, then make sure you take advantage of your FREE Fitness Consultation (an \$87 value). During this consult, you'll receive detailed information on how to get fit and trim that's tailored to YOUR body. There's no obligation and it's totally and completely free. To sign up, click on our website.

Quote Corner: "Memory is the diary that we all carry about with us" - Oscar Wilde

Eat Yourself Thin/Recipe: Chuck Wagon Salad (Serves Four)

1 cup uncooked wagon wheel pasta	1 cup sliced, cooked lean sirloin, cold
3/4 cup sliced onion	1/2 cup chopped green bell pepper
2/3 cup barbecue sauce	2 tablespoons Dijon mustard
2 cups red leaf lettuce, rinsed and torn	2 cups green leaf lettuce, rinsed and torn
1 tomato sliced	

1. Cook pasta in boiling water until al dente. Drain.
2. In a medium mixing bowl, combine pasta, beef, onion, and green pepper. Mix well. Stir together barbecue sauce and prepared mustard, and mix into beef mixture.
3. Serve beef mixture over mixed greens, and garnish with tomatoes.

Prep: 15 mins Cook: 15 mins Ready: 30 mins

Amount Per Serving - Calories: 227 /

Total Fat: 4.1g / Cholesterol: 20mg / Sodium: 688mg / Total Carbs: 36.9g / Dietary Fiber: 2.7g / Protein 10.2g

Recipe from AllRecipes.com.