

Brain Fitness Training Resources

Nutrition

Dietary Guidelines

- Nutrition and Your Health: Dietary Guidelines for Americans
Website: <http://198.102.218.57/dietaryguidelines/dga2000/document/frontcover.htm>
- U.S. Department of Agriculture's www.MyPyramid.gov
Website offers food patterns designed for the general public ages 2 and over. They are not therapeutic diets for specific health conditions. MyPyramid Plan offers you a personal eating plan with the foods and amounts that are right for you. MyPyramid Tracker offers a detailed assessment of your food intake and physical activity level. Advice offered based on your pyramid to help you make smart choices from every food group and your balance between food and physical activity, get the most nutrition out of your calories and stay within your daily calorie needs.
- American Dietetic Association website, www.eatright.org

Snack options

- low fat yogurt (buy it plain, sweeten it yourself with a little honey, some fruit, fruit preserves or a dab of apple butter.)
- Protein bars: not those designed to be meal replacements. Look for 150-200 calorie bars with at least 4 grams of protein and four or more grams of fiber.
- Liquids and smoothies: Skim decaf latte, skim cappuccino, 60-100 cal soup, homemade smoothie with ice, skim milk or plain yogurt and a cup of berries (store-bought ones tend to be high in calories and sugar.)
- 100 calorie snack packs- These are controlled portions, and 100 calories of junk is better than 500 calories of junk but often they lead you to eat more because you're not satisfied with them

Supplements

FDA, Center for Food Safety and Applied Nutrition

Website: <http://www.cfsan.fda.gov/~dms/supplmnt.html>

Antioxidants: A USDA study analyzed the antioxidant content of commonly consumed foods. Researchers tested over 100 foods. Here is a ranked list of the top 20 fruits, vegetables and nuts:

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|-------------------------------------|---------------------------------|
| 1. Small red bean (dried), ½ cup | 11. Strawberry, 1 cup |
| 2. Wild blueberry, 1 cup | 12. Red delicious apple, 1 |
| 3. Red kidney bean (dried), ½ cup | 13. Granny Smith apple, 1 |
| 4. Pinto bean, 1/2 cup | 14. Pecan, 1 ounce |
| 5. Blueberry (cultivated), 1 cup | 15. Sweet cherry, 1 cup |
| 6. Cranberry, 1 cup (whole) | 16. Black plum, 1 |
| 7. Artichoke (cooked hearts), 1 cup | 17. Russet potato, 1 cooked |
| 8. Blackberry, 1 cup | 18. Black bean (dried), 1/2 cup |
| 9. Prune, 1/2 cup | 19. Plum, 1 |
| 10. Raspberry, 1 cup | 20. Gala apple, 1 |

Exercise

American College of Sports Medicine Exercise Guidelines

Website: www.acsm.org/health+fitness/index.htm

American Heart Association

Start! is the American Heart Association's groundbreaking national campaign that calls on all Americans and their employers to create a culture of physical activity as an important part of taking control of your health.

Website: www.americanheart.org/start

Centers for Disease Control and Prevention Physical Activity Recommendations

Website: <http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/index.htm>

The President's Council on Physical Fitness and Sports

Website: <http://www.fitness.gov/fitness.htm>

Emotional Balance

Socialization: Volunteer opportunities

<http://www.volunteermatch.org/>

Relaxation/Stress Management Strategies

- Progressive muscle relaxation
 - Squeeze your right hand into a fist as hard as you can.
 - Hold the fist and pay attention to how uncomfortable the tension is in your fist.
 - Now, slowly release your fingers extending them one by one and notice how the tension leaves your fingers.
- Deep Breathing
 - Take a deep breath through your nose.
 - Let the air fill your stomach and chest slowly and fully.
 - Hold the breath for several seconds.
 - Slowly exhale the air through your mouth.

Stress Reduction Information Sources

- Stress: How to Cope Better With Life's Challenges, Website: www.familydoctor.org/167.xml
- Mountain State Centers for Independent Living, Understanding and Dealing with Stress: Website: <http://www.mtstcil.org/skills/stress-intro.html>
- WebMD: Stress Management Health Center- Website: <http://www.webmd.com/balance/stress-management/stress-management-topic-overview>

Sleep Hygiene Tips

- Go to bed at a regular time each night.
- Make sure your bedroom is comfortable, temperature, noise, light
- Turn the alarm clock so you can't see it
- Use the bed for sleep, not reading or t.v.
- Don't lay in bed when you are not sleeping.
- Give yourself 20 to 25 minutes to try and get to sleep in your bed.
- If you cannot fall asleep after that time period, get out of the bed and leave the bedroom.
- Do a non-fulfilling activity-read a non-engaging book, sort laundry
- The same 20 to 25 minute rule holds and you may need to get up several times.
- The point with this exercise is to condition your body and brain to sleep in the bed, not worry in the bed!

Mental Stimulation

Learning, Games

<http://www.nationalgeographic.com>

Free Online Games: General

AARP Games – Features free online puzzles, word games, mind games, card games and other interactive games. The site includes clear instructions with few advertising interruptions. Website: <http://www.aarpmagazine.org/games/>

Cartoon Network –A Network (commercial) site that includes free games.

Website: <http://www.cartoonnetwork.com/games/index.html>

Pogo.com – Offers free games such as whomp, solitaire, dominoes, chess, and more. Registration is required to play games on this site. It is quick, easy, and worthwhile to register because of the wide variety of games.

Website: <http://www.pogo.com/home/home.jsp?sls=2&site=pogo>

All Games Free – Offers a wide variety of free games including arcade games, card games, puzzle and word games, sports games, and interactive trivia games. Registration is fast and free and once you're registered you will be able to create a custom "my games page," with all of your favorite games. Website: <http://www.allgamesfree.com/>

Free Arcade – Features more than 150 arcade games such as puzzle games, board games, and card games without required logins or sign ups. Website: <http://www.freearcade.com/>

PopCap Games – A commercial site featuring both single player and networked games. The single player games include fun, speed- based games like Big Money and Diamond Mine as well as puzzle solvers like Atomica and Mummy Maze. To play, click on a game and it will take a few minutes to load. Website: <http://www.popcap.com/>

Playsite – Offers networked gaming; you can play games with people from all over the world. Choices include board games (Monopoly, Chess, Backgammon, and more), card games (Bridge, Hearts, Spades, Euchre, and more), word games, (Scrabble, Tangleword), classic arcade games (Asteroids, Centipede), and more. Registration is required. Website: <http://www.iwin.com/>

Play Free Online Games – Offers a great selection of free games, including adventure games, arcade games, board games, cards, sports, puzzles, word games, etc. Some you will need to sign up for, others just click and play. Website: <http://www.playfreeonlinegames.co.uk/>

MSN Games – Provides a good selection of board and card games that are especially easy to access and play. Provides helpful hints for the games, if needed, and features good game descriptions and the ability to browse by genre. Website: <http://zone.msn.com/en/root/default.htm>

Yahoo Games- <http://games.yahoo.com/>

Zeeks! Games – Offers all sorts of games, with few advertisers. Some games may be appropriate to play with your children or grandchildren. Website: <http://games.zeeks.com/games.php>

Free Online Games: Specialized Games

Merriam-Webster Online – A commercial site, offers a new word game every day. Features four types of games based on words, definitions, and etymology. Includes an archive of two months of games. To play, click on "play today's word game" and wait a few moments for the game to load. Website: <http://www.merriam-webster.com/game/>

Online jigsaw puzzles : Some sites include capability to determine difficulty level of puzzle, be timed doing a puzzle and compare to others, and have daily puzzle e-mailed to you.

<http://www.castlib.dk/free-online-jigsaw-puzzle-and-puzzle-games.php>

<http://www.freejigsawpuzzles.com/>

<http://www.liessmit.nl/html/puzzles.htm>

<http://www.jigsawplanet.com/>

<http://www.jigzone.com/>