What **contributes** to age- and Alzheimer’s Disease-related memory and brain deterioration?

- Sedentary Lifestyle
  - Sitting at work
  - Watching tv; video games
- Poor Diet
  - Processed or fast foods
  - Too much added sugars
  - Malnutrition
  - Alcohol or drug abuse
- Poor Sleep Habits
  - Watching TV in Bed
  - Shrinking circle of friends
  - Inconsistent Sleep Routine
  - Fractured sleep pattern (sleep for a few hours at night and a few during the day)
- Stress
  - Social stress
  - Work stress
  - Financial stress
- Cognitive & Social Isolation
  - Less contact with loved ones
  - Relying on technology
  - Fractured sleep pattern (sleep for a few hours at night and a few during the day)
  - Reductions in community roles

If interested in participating in research studies on aging, memory, and the brain, please visit [www.thebbal.com](http://www.thebbal.com), email [bbal@osu.edu](mailto:bbal@osu.edu), or call 614-292-3385.
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**The Buckeye Brain Aging Lab**

The B-BAL  
Director: Scott M. Hayes, PhD  
Lab website: [www.bbal.com](http://www.bbal.com)  
email: bbal.osu.edu

What **preserves** memory performance and brain health?

**Exercise**
- Mobility
- Strength
- Aerobic
- Increase daily step
- Call a friend
- Listen to podcasts
- Volunteer

**Nutrition**
- MIND diet: veggies, nuts, olive oil
- DASH: fruits, veggies, low-fat dairy
- Mediterranean: fish 2x/wk.
- Water

**Cognitive & Social Engagement**
- Critically think
- Try strategy games
- Spend time with family and friends
- Meditate; self-care
- Avoid blue light of electronics at night

**Stress Relief**
- Meditate; self-care
- Gratitude journal
- Spend time with family and friends
- Avoid blue light of electronics at night

**Sleep**
- 7-9 hours/night

**Mobility**
- Aerobic

**Strength**
- Increase physical fitness

**Exercise**
- Call a friend
- Volunteer
- Meditate; self-care
- Avoid blue light of electronics at night
- 7-9 hours/night
- 7-9 hours/night

**Nutrition**
- MIND diet: veggies, nuts, olive oil
- DASH: fruits, veggies, low-fat dairy
- Mediterranean: fish 2x/wk.
- Water

**Cognitive & Social Engagement**
- Critically think
- Try strategy games
- Spend time with family and friends
- Meditate; self-care
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