



# Pacific Senior Wellness Integrative Functional and Cognitive Fitness Programs -For Life

## Cognitive Brain Fitness- Criteria

According to Center of Disease Control and Prevention and the Alzheimer's Association, **one of the following MUST take place** when planning for brain pathways grown during activities:

- Enlist one or more of the senses in a novel way
- Activity should be distinctly different, fun, unexpected or emotionally meaningful
- Breaks a routine in a nontrivial manner
- Have significant social value, learning or educational value
- Helps one to learn, develop, or master a new skill or to augment an existing skill.
- Allows for the performance of the two-plus minute memory task (enables learning something new, waiting for a minimum of two minutes, then recalling it.
- Represents meaningful change (taxing)
- Calls for the application of intent focus, attention and concentration
- Requires one to exercise a combinations of focus/concentration with judgement/choice/decision making
- Involvement in one's community.
- Tasks must be incremental, taxing and interesting.
- Vascular system in working order
- Memory is crucial for learning
- Motivation is key

Reminder:

- Promote cardio health to encourage brain health
- Change creates new pathways
- Activities must meet the criteria for change to occur
- Sleep critical to create memories, stave off dementia
- Brain health prevents falls

**Meg Stiefvater - Certified Senior and Cognitive Fitness Instructor**