

Health Motivator Calendar -2017-



JANUARY 2017


Brain Basics

Zona Hutson, WVU Extension Agent, Doddridge County

Did you know your brain . . . ?

- Has 100 billion nerve cells that control the body.
- Skull has 22 bones that protect the brain.
- Cerebrum allows you to speak, solve problems and hear, see, taste, smell and touch.
- Cerebellum controls balance, posture and coordination.
- Stem connects to the spinal cord and controls digestion, heartbeat, breathing and body temperature.
- Left half controls movement on the body's right side. The right half of the brain controls the body's left side.

Shade in when you:

 Practice a brain-healthy habit.

Shade in for every 10 minutes of physical activity.



SUN	MON	TUE	WED	THUR	FRI	SAT
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29  	30  	31  				

FEBRUARY 2017


Brainy Choices

Gina Taylor, WVU Extension Agent, Jackson County

Did you know...?




- More than 16 million U.S. adults are living with cognitive (brain) impairment. Do all you can to maintain brain health!
- The biggest risks and threats to the brain are alcohol, smoking, drug use, physical injuries, psychological trauma and stress, and lack of sleep.
- What brainy choices can keep your brain healthy? Daily exercise, stop smoking, quality sleep, avoid high-accident activities, challenge your skills and learn new things each day

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Shade in for every 10 minutes of physical activity.



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MARCH 2017


Train Your Brain

Sue Flanagan, WVU Extension Agent, Berkeley County

Do you train your brain every day?

- ✓ Read
- ✓ Play games
- ✓ Learn something new
- ✓ Volunteer
- ✓ Ditch your calculator and do the math
- ✓ Challenge yourself
- ✓ Learn a new sport
- ✓ Play games and puzzles of all types

Shade in when you:

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APRIL 2017

Active Body = Active Brain


Terrill Peck, WVU Extension Agent, Raleigh and Summers Counties

Did you know physical activity promotes good brain health?

How can you make the most of daily exercise to benefit your brain?



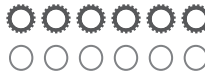
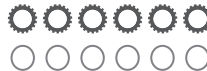
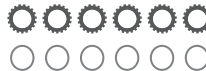
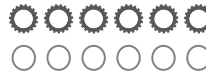



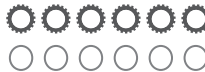
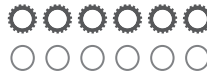
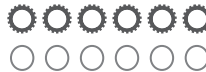
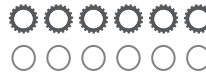
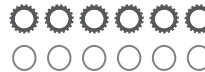
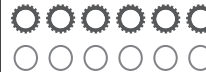


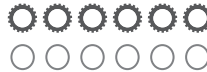
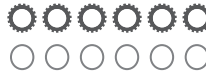
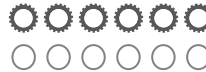


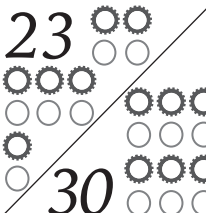
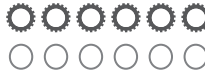
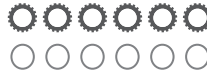
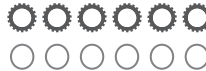
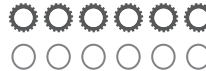
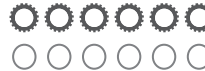
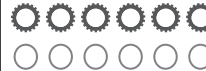
- ✓ Be active at least 30 minutes a day, no matter what your age.
- ✓ Get outside and enjoy nature. Take a walk. Join an exercise group. Go dancing. Walk the dog. Play with your grandchildren and pets.
- ✓ Exercise with a friend. Just having someone with you helps keep you engaged, and they are counting on you.

Shade in when you:

 Practice a brain-healthy habit.

Shade in for every 10 minutes of physical activity.



SUN	MON	TUE	WED	THUR	FRI	SAT
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MAY 2017


Your Brain on Cortisol

Dana Wright, WVU Extension Agent, Mingo and Logan Counties

Do you know about stress?




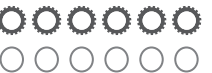
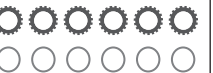




















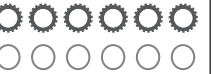


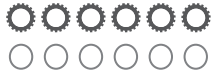
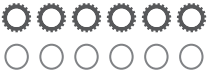
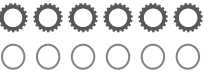
- Over long periods of time, stress can affect memory.
- When stressed, your body releases the hormone cortisol, which can make thinking and problem-solving difficult.
- Try these tips to manage stress in a healthy way:
 - ✓ Think positive.
 - ✓ Be active at least 30 minutes a day.
 - ✓ Maintain a healthy diet.
 - ✓ Connect with others.
 - ✓ Escape and take a few moments for yourself.

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SUN	MON	TUE	WED	THUR	FRI	SAT
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JUNE 2017


Hydrate Your Brain

Lauren Prinzo, WVU Extension Agent, Marion County

Did you know...?

- ✓ Water makes up 75 percent of your brain.
- ✓ Dehydration can impair short- and long-term memory and even shrink your brain.
- ✓ Drinking a glass of water can sharpen your mind, reaction time and is a natural remedy for headaches.
- ✓ Sugar-sweetened beverages do not hydrate as well as water.

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SUN	MON	TUE	WED	THUR	FRI	SAT
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JULY 2017


Nourish Your Brain

Cheryl Kaczor, WVU Extension Agent, Marshall County

Do you know which foods are good for your brain?



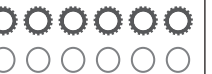
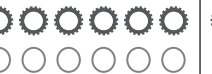



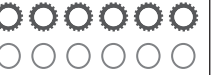
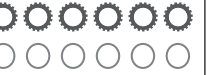
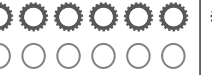
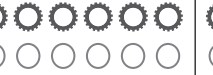






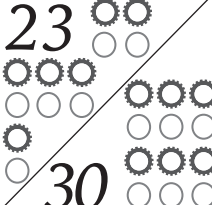
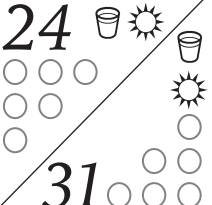






- Whole grains help promote blood flow.
- Fruits may reduce risk of dementia and improve learning and motor skills.
- Vegetables have antioxidants that protect the brain.
- Fish rich in omega-3 fatty acids help concentration and mood.
- Vitamin E-rich nuts may lessen cognitive decline.
- Tea or dark chocolate may help improve memory, focus and mood.

Shade in when you:

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AUGUST 2017

Practicing Mindfulness


Ami Cook, WVU Extension Agent, Braxton County

Do you practice mindfulness?

Mindfulness is paying attention on purpose, in the present moment and non-judgmentally. Mindfulness is powerful for your brain. Practice these daily:































































- ✓ Mindful breathing – Get comfortable. Breathe deeply. Close your eyes. Focus on the sensation of air moving in and out of your lungs. Notice your thoughts and refocus on breathing.
- ✓ Mindful walking – Walk slowly. Notice your surroundings. Be aware of your body sensations. Pay attention to your breath.

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SEPTEMBER 2017

Laughter is a Brain Booster

Becky Smith, WVU Extension Agent, Harrison County

Did you know humor is a brain booster?

- Humor can improve short-term memory in older adults.
- It reduces the stress hormone cortisol.
- Our memory works better when we have less stress.
- Laughter can reduce stress and help us be more creative.
- Laughter stimulates dopamine, which is vital for long-term memory.
- Humor triggers our sense of wonder and learning.

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SUN	MON	TUE	WED	THUR	FRI	SAT
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17	18	19	20	21	22	23
○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○
24	25	26	27	28	29	30
○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○	○○○○○○○○ ○○○○○○○○

OCTOBER 2017


Give Your Brain a Rest

Gwen Crum, WVU Extension Agent, Wood County
and Elaine Bowen, WVU Extension Health Promotion Specialist

Do you know how to improve your sleep for a healthier brain?

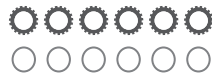
- ✓ Be more active.
- ✓ Get morning sunshine.
- ✓ Have a bedtime routine.
- ✓ Limit caffeine and other stimulants.
- ✓ Limit naps.
- ✓ Limit noise, light and screen-time.
- ✓ Keep the temperature cool.
- ✓ Before dimming the lights, count your blessings.

Shade in when you:

 Practice a brain-healthy habit.

Shade in for every 10 minutes of physical activity.



SUN	MON	TUE	WED	THUR	FRI	SAT
1 	2 	3 	4 	5 	6 	7 
8 	9 	10 	11 	12 	13 	14 
15 	16 	17 	18 	19 	20 	21 
22 	23 	24 	25 	26 	27 	28 
29 	30 	31 				






NOVEMBER 2017

Your Head and Meds

Dave Roberts, WVU Extension Agent, Boone and Lincoln Counties

Do you know how to manage your medicines for good brain health?

- Understand and manage your medications with your health care providers.
- Ask questions to be fully knowledgeable about medications.
- Review your medication list every year.
- Follow directions exactly. Keep track of medications. Carry a list.

Shade in when you:
 Practice a brain-healthy habit.
 Shade in for every 10 minutes of physical activity.
    

SUN	MON	TUE	WED	THUR	FRI	SAT
			1  	2  	3  	4  
5  	6  	7  	8  	9  	10  	11  
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26  	27  	28  	29  	30  		

DECEMBER 2017


Your Brain Needs Social Time

Lauren Weatherford, WVU Extension Agent, Fayette and Nicholas Counties

Did you know social time affects the brain?
























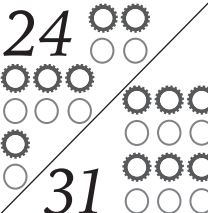







- Socialization stimulates the brain in problem-solving, analyzing, learning and memory.
- It reduces the risk of dementia and depression, and it can increase happiness.
- Self-esteem and confidence get a boost.
- Support from others can lead to healthier habits. Better habits can result in lower rates of chronic diseases and improve healing, immune system and pain management.

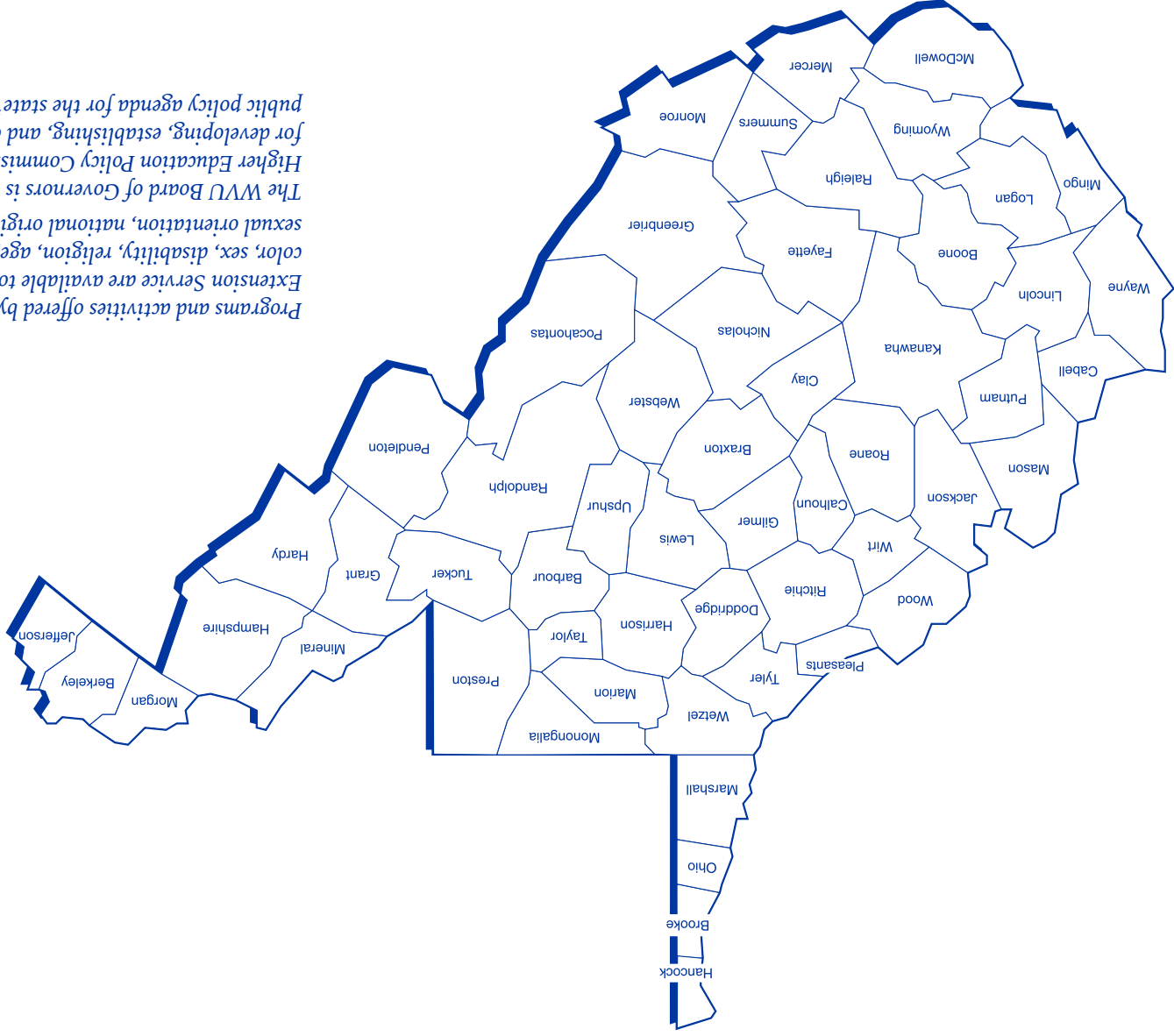
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31						
						



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