

Age Well Series

Habits of Healthy Aging



SuperAging
RESEARCH INITIATIVE



Wisconsin Alzheimer's
Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

wiha
Wisconsin Institute
for Healthy Aging



About WIHA

- **Mission:** To improve the health and well-being of all people as we age by disseminating evidence-based programs and practices and by engaging in collaborative public health strategies in Wisconsin and beyond.
- <https://wihealthyaging.org>
- **Age Well Newsletter**



Introduction to Speakers

- Talia Brach, Monica Bruce, and Alyssa Pandos



SuperAging
RESEARCH INITIATIVE



**Wisconsin Alzheimer's
Disease Research Center**
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Habits of Healthy Aging



Our Research Team



Dr. Ozioma Okonkwo
Lead Researcher



Monica Bruce
*SuperAging
Coordinator*



Alyssa Pandos
*Coordinator/Asst.
Program Manager*



Talia Brach
*Coordinator/Grad
Student*

Table of Contents

1

Cognition

2

SuperAgers

3

Healthy Habits



1

*What is
Cognition?*



Cognition

=

Thinking

Types of Cognition



Memory



**Executive
Function**



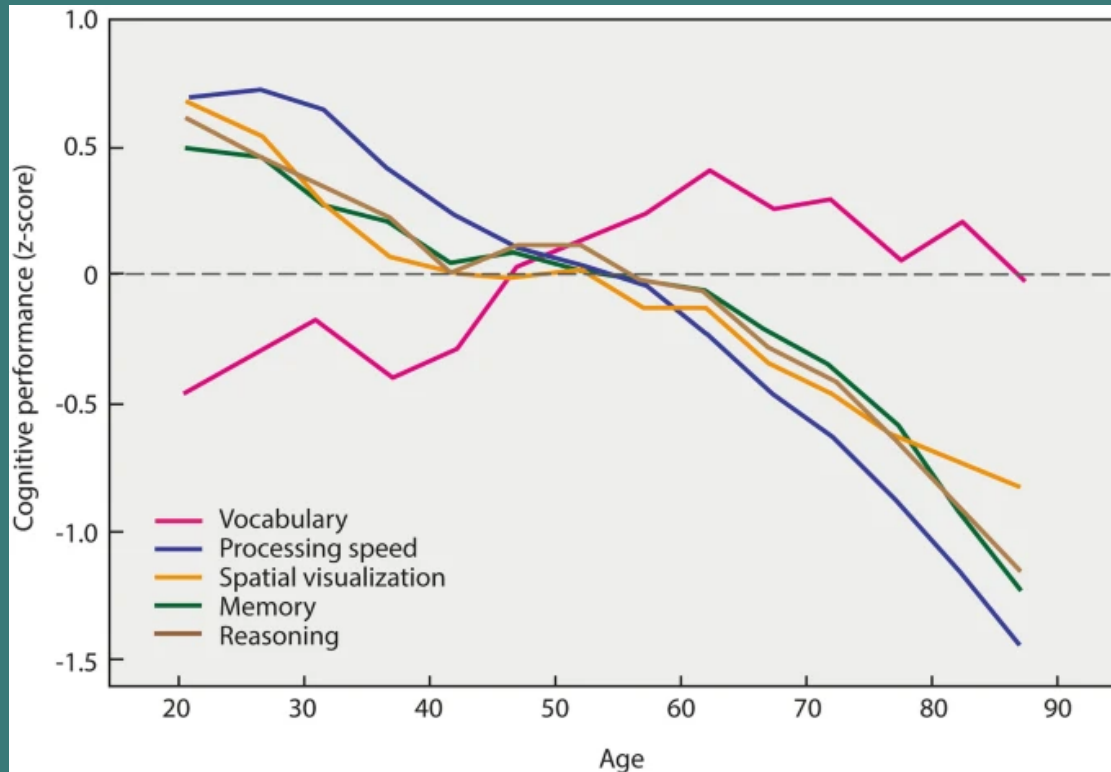
Language

Put your brain to work!

Orange Blue Green Pink Orange Purple Pink
Purple Yellow Green Blue Green Blue Purple
Yellow Orange Gray Red White Red Pink

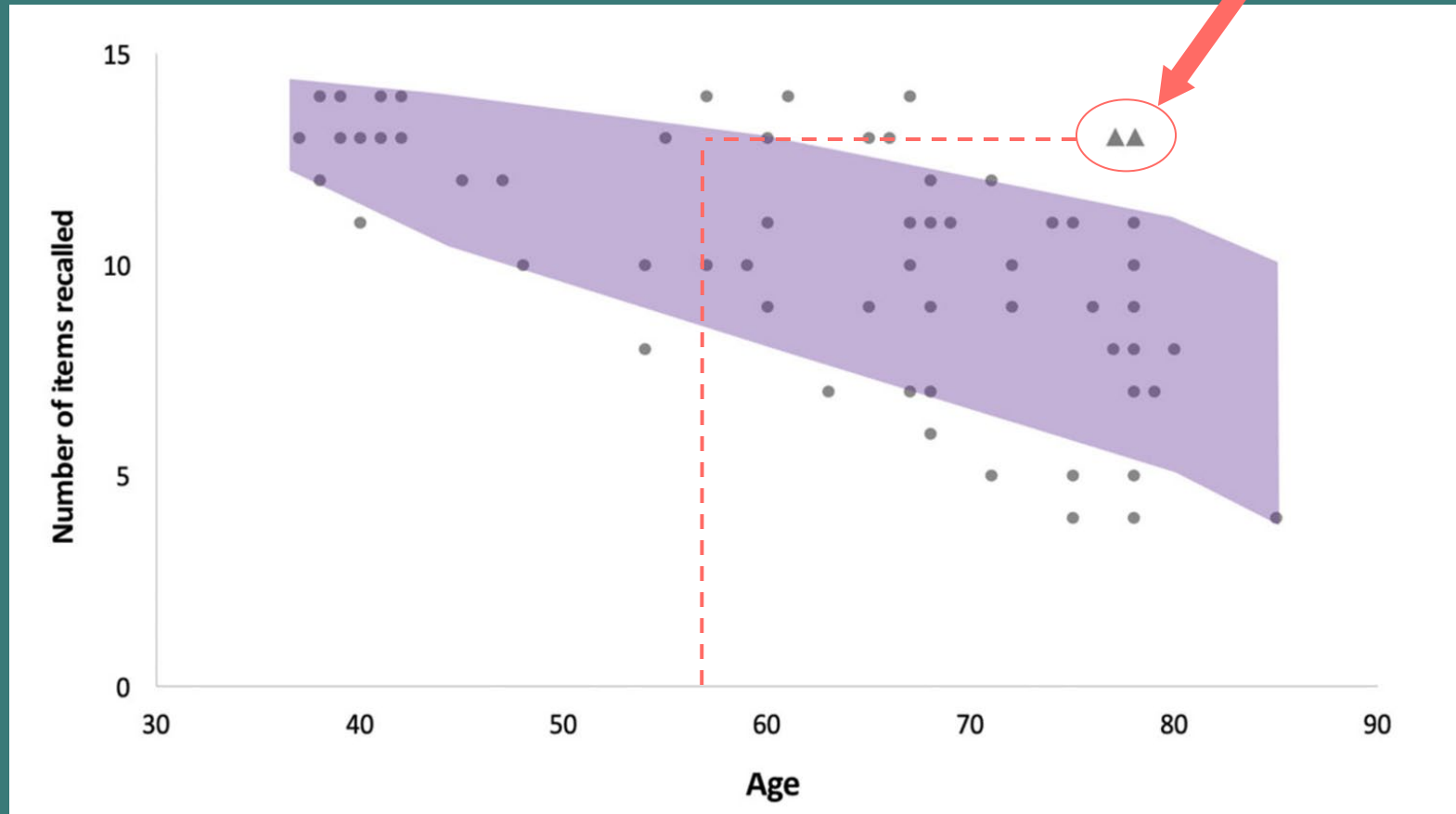
Try to say the *color* of the font,
NOT the word!

Age & Cognition



Cognitive decline is actually normal with age!

Memory Capacity





2



*What is a
SuperAger?*

SuperAgers

How do I know if I'm a SuperAger?

- Age 80 or older
- No diagnosis of MCI or dementia
- Has the same memory as someone 20-30 years younger than them



Meet our SuperAgers



Initial Findings



**Larger Brain
Volumes**



**Positive Social
Relationships**



**Brains Shrink
Slower**



3

*Healthy
Habits*

Common Habits of SuperAgers



Active Lifestyle

Physical activity is important!



Social Butterflies

Strong social networks are key.



Challenge Themselves

Mental activity is just as important as physical activity.

*Physical &
Mental
Activity*

Memory



Journaling



Association

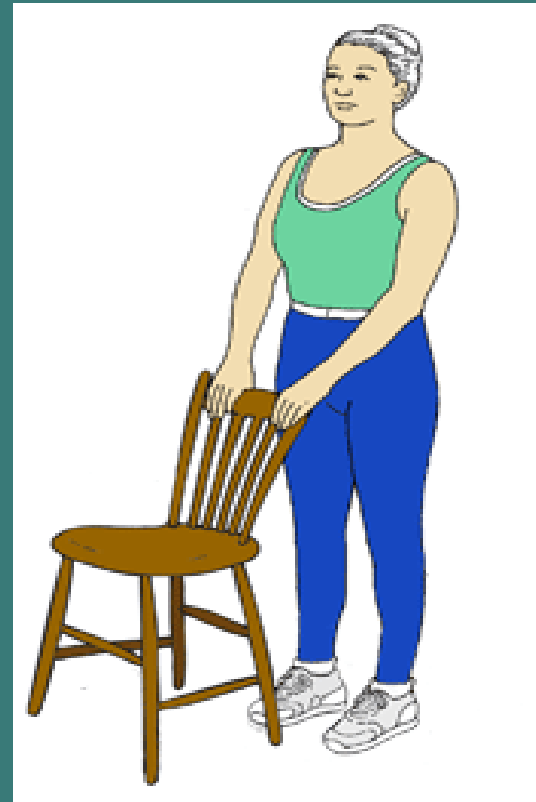


Repetition



Spaced Retrieval

Physical Activity



Additional Exercises

Cardio: increases breathing and heart rate

- Walking
- Dancing
- Swimming
- Biking
- Taking the stairs instead of elevator

Balance & Flexibility: helps prevent falls, helps with mobility, tones muscles

- Standing on one foot
- Yoga
- Tai chi
- Stretching

The background of the image is a repeating pattern of teal-colored diamonds on a slightly darker teal background. The diamonds are arranged in a grid, with each diamond slightly offset from the others to create a subtle 3D effect.

Brain Games

Attention

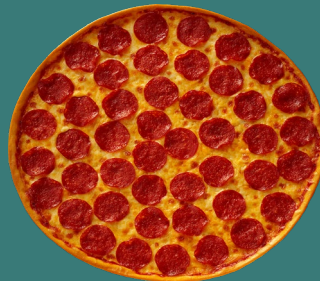
Can you spot
the difference?



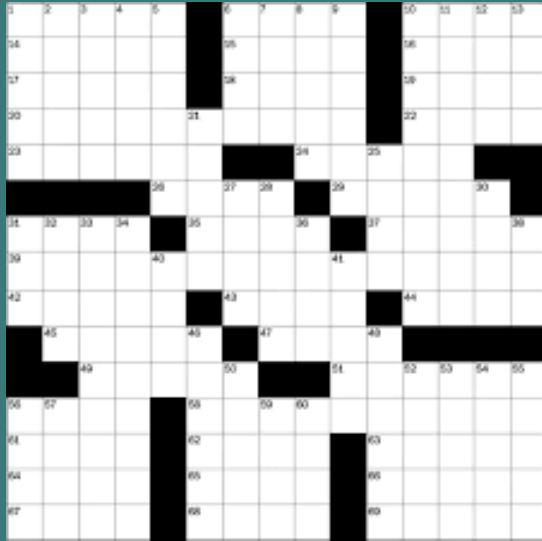
Language

Quick!

Name 10 **foods** that begin with the letter
P



Brain Games You Can do at Home



Crossword
Puzzles



Solitaire or Card
Games with
Friends

| | | | | | | |
|---|---|---|---|---|---|---|
| 5 | 3 | | 7 | | | |
| 6 | | | 1 | 9 | 5 | |
| | 9 | 8 | | | | 6 |
| 8 | | | 6 | | | 3 |
| 4 | | | 8 | 3 | | 1 |
| 7 | | | 2 | | | 6 |
| | 6 | | | | 2 | 8 |
| | | | 4 | 1 | 9 | 5 |
| | | | 8 | | | 7 |
| | | | | | | 9 |

Sudoku



*Social
Activities*

Ways to Get Social

1

Volunteer

Creates structure +
connections with others

3

Travel

Try a new restaurant
or visit a nearby city!

2

Start a Hobby

Practice doing something
you find joy in

4

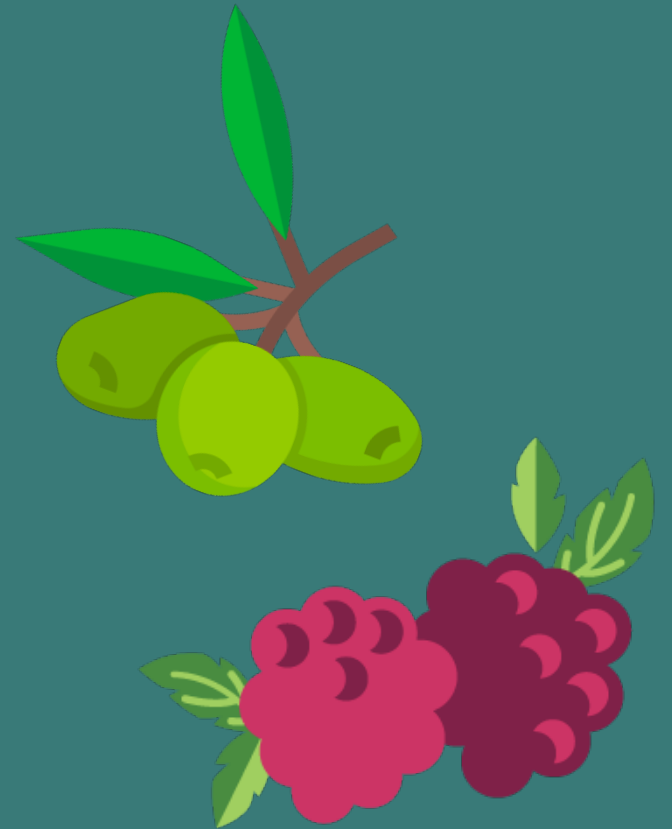
Social Media

If you can't see loved
ones in person, try Zoom
or a phone call

*Diet +
Lifestyle*

Moderation

- You don't necessarily need to stop doing what you enjoy in life to live healthy
 - Key = MODERATION!
- MIND diet recommended for optimal brain health
 - Fish, berries, leafy greens, olive oil, whole grains, beans, and wine
- Have FUN!



Thanks!

Do you have any questions?

Interested in participating? Contact us!

 SuperAgingWI@medicine.wisc.edu

 (608) 262-6864



Feedback

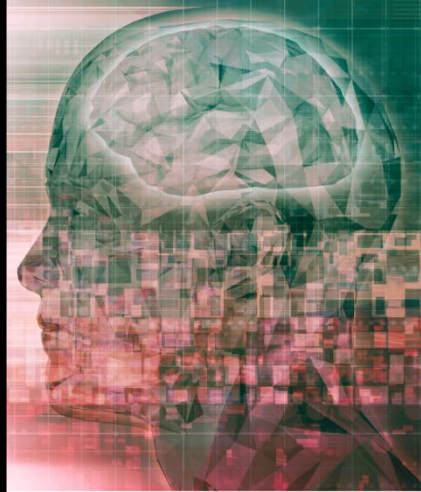
- Survey upon exit of zoom
- Please share your thoughts!



Next for Age Well Series

- 2 Exciting Webinars!
 - April 24
 - May 20

What is Dementia? How to talk about it with your family & doctor



Join us as we hear from Dr. Nathaniel Chin as he covers answers to common questions about dementia, including what distinguishes normal aging from cognitive decline, the early signs to watch for, and steps that can help those living with dementia. We'll also discuss how to navigate conversations with loved ones and what to expect at a doctor's visit. Whether you're a caregiver, a family member, or simply looking to learn more, this presentation will equip you with knowledge and practical strategies to approach dementia with confidence and compassion.



Presenter: Dr. Nathaniel Chin, MD
UW Madison, Department of Medicine
Division of Geriatrics and Gerontology

April 24
12-1pm
FREE WEBINAR

Next for Age Well Series

- 2 Exciting Webinars!
 - April 24
 - May 20



Age Well Series

Wisconsin Coalition for Social Connection

Mind Matters: Navigating Mental Health in Older Adulthood

FREE Webinar

Join the Wisconsin Institute for Healthy Aging and Wisconsin Coalition for Social Connection as we host:

- Dr. Rebecca Radue, Geriatric Psychiatrist
- Danette Hopke, Behavioral Health Program Manager, UW-Madison Division of Extension
- Mark Miller, Outreach Coordinator, 988 Wisconsin Lifeline

Learn about the importance of taking care of our mental health and tools to help us stay connected and mentally well as we age.

Tuesday, May 20, 2025

2:00 p.m. - 3:00 p.m.

Virtual on Zoom



wiha

Wisconsin Institute for Healthy Aging

<https://wihealthyaging.org>

Q&A

