



CREATIVITY BOOT CAMP

Diet and Exercise

[SCREAMSHEET]

Keeping your body properly fueled and in solid physical shape is key to having a sharp mind. Please remember, before you do any major dietary or exercise switch, check with your doctor to make sure you are doing the best for your body and your mind.

Diet:

Garbage in, garbage out	<p>Programers know this phrase well, and it translates to your body too—the fuel you put into your body is reflected in the performance of your body.</p> <p>A healthy brain diet has four components: calorie control, antioxidants, "good" fats (omega-3s), and "good" carbs (complex carbs that don't immediately spike blood sugars).</p> <p>Cognitive "food pyramid": veggies, fruits, whole grains, nuts, fish, other meat</p>
Some dietary pointers	<ul style="list-style-type: none"> • Drink water whenever possible (also good are non-caffeinated teas and fruit juices), but in small 2oz quantities • Seriously limit your refined sugar intake • Choose whole wheat products over refined flour products (and brown rice over white rice) • Limit your carb intake, but don't avoid carbs altogether • Keep your animal fat (omega-6 fats) intake moderate • Eat plenty of omega-3-rich foods (such things as salmon, herring, olive oil, avocados, and walnuts) • Moderate caffeine intake, below the "jitter" level, is ok • A drink or two at the end of the day won't hurt and may help your cognitive abilities (it doesn't really matter what type of alcohol) • Take a multivitamin (one with B-12 and folic acid) • If you can help it, don't smoke
Power meals	<ul style="list-style-type: none"> • <i>Breakfast:</i> break the meal into two chapters, when you wake up and later morning. Begin the day with some fruit (ideally citrus or berries) instead of coffee. Later in the morning, have a whole wheat cereal with berries or wheat toast with eggs. • <i>Lunch:</i> bigger lunch than dinner is better. Have a large salad with eggs or salmon. Finish it up with some yogurt mixed with nuts (especially walnuts or almonds). • <i>Dinner:</i> keep the portions small, but very flavorful. Take your time and savor the meal as a trigger to wind down.

Exercise:

What's the plan?	<p>The key to finding an exercise plan that will promote your cognitive health is to find something that builds your aerobic capacity (more oxygen to your brain!), lowers your fat level and is fun. Some of the best exercise systems: aerobics, swimming, martial arts, dance and rowing.</p>
Exercise 101	<ul style="list-style-type: none"> • When exercising, practice good breathing—breathe through your nose and don't hold your breath during exertion—that's the time to exhale. • Do some basic aerobic exercise regularly: walk to work, ride your bike, play a sport, run around and chase your kid—just let yourself get winded, it's good for you • Look into Pilates or some other simple set of exercises that will strengthen your "core"—your lower back and abdominal muscles, since these are the muscle groups we rely on most • Stretch to increase your flexibility—stretch your calves, hamstrings, lower back—make stretching part of your daily wrap-up ritual