

◆ SUPER-AGERS

PEOPLE WHO DONT SEEM TO AGE



PEOPLE OVER 65



GOOD MEMORY



GOOD REFLEXES



GOOD ATTENTION / ABILITY TO CONCENTRATE



ON PAR WITH YOUNG ADULTS



◆ BRAIN REGIONS

THICKER LAYERS IN THE BRAIN



THE MIDCINGULATE CORTEX



THE ANTERIOR INSULA



BOTH AREAS ASSOCIATED WITH EMOTIONAL REGULATION



◆ HOW TO BECOME A SUPER-AGER

PERFORM



DIFFICULT TASKS



TEMPORARILY UNCOMFORTABLE TASKS



POWER THROUGH THOSE BAD FEELINGS



OF BEING FATIGUED



OF BEING STYMIED



OF BEING FRUSTRATED



KEEPS BRAIN REGIONS THICK & HEALTHY



ENABLES SUPER AGING



BETTER MEMORY



BETTER REFLEXES



BETTER CONCENTRATION



◆ HOW NOT TO BECOME A SUPER-AGER

AVOID

UNPLEASANT SITUATIONS

SIDE STEP DISCOMFORT

REDUCED MENTAL EFFORT

REDUCED PHYSICAL EXERTION

BRAIN TISSUE GETS THINNER FROM LACK OF USE

◆ BRAIN DETERIORATION

NOT THE RESULT OF AGING

RESULT OF NOT USING BRAIN PROPERLY AS WE AGE

USE IT OR LOOSE IT