

### Caring for your Memory

Of all the fears that accompany aging, few compare to the threat of Alzheimer's. Who hasn't misplaced their keys or forgotten an appointment and momentarily thought "Oh no! What if . . .?" According to the [Alzheimer's Association](#), 1 in 9 adults aged 65+ has Alzheimer's disease.

Imagine for a moment that you were one of the richest men in the world, and you knew that you had a family history of developing dementia, what would you do to help prevent the onset of symptoms? In a recent CNN interview, Bill Gates spoke with Dr. Sanja Gupta about his recent announcement that he is investing \$50 million of his own money into the [Dementia Discovery Fund](#). When asked by Dr. Gupta whether he (Gates) does anything in his own life in terms of warding off cognitive decline, Gates answered "Well, the recommendations that are beneficial are lots of exercise."

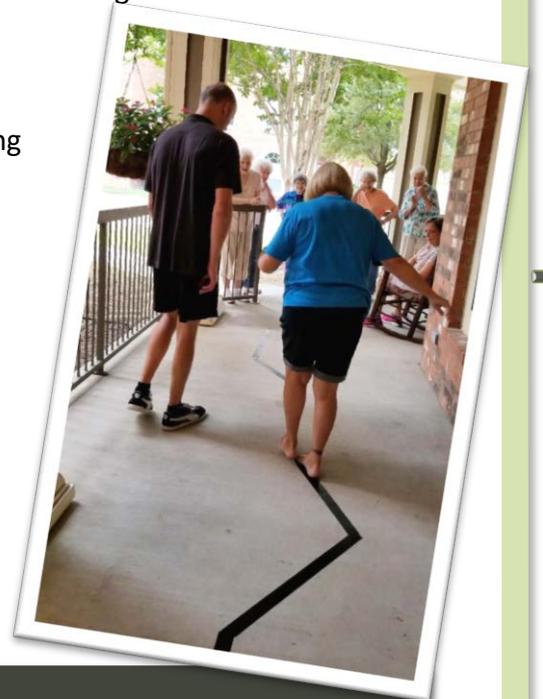


[See the full interview here](#)

If one of the richest men in America is hearing from his advisors that exercise is beneficial in warding off the symptoms of dementia, perhaps the rest of us who are concerned with maintaining our mental abilities should be following Bill Gates' lead.

We all know that fitting exercise into our daily routines can be a challenge. Especially when we look at exercise as something we "should do", rather than as something we are *able* to do.

What we are really talking about is an *attitude shift* when thinking about exercise. Individuals who have been successful in incorporating fitness into their daily routines report that they made a shift in their *attitudes* towards exercise by finding activities that were enjoyable, making social connections with others who had similar interests and setting achievable goals for themselves. Live 2 B Healthy® helps seniors shift their attitudes about fitness by providing an engaging social atmosphere in which to exercise, led by enthusiastic Certified Personal Trainers who will help push participants to try new things (many of our classes incorporate yoga, dance, tai chi, balance and brain games into their formats) and keep working towards a goal of regular improvement through regular fitness testing and reporting. Live 2 B Healthy® encourages seniors of all ability levels to join our classes and discover the many benefits of remaining fit and active as we age.



To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.

[www.Live2BHealthy.com](http://www.Live2BHealthy.com)