

Fit Brain Fit Life

Boosting Brain Power is a Walk in the Park

What Exercise Does for Your Brain



There are plenty of reasons to get active. We know of the benefits in the prevention of obesity and chronic disease, reducing blood pressure, improving heart health, and aiding in treatment of depression. And like any muscle, the brain requires exercise for it to function at its best, and to grow bigger and stronger.

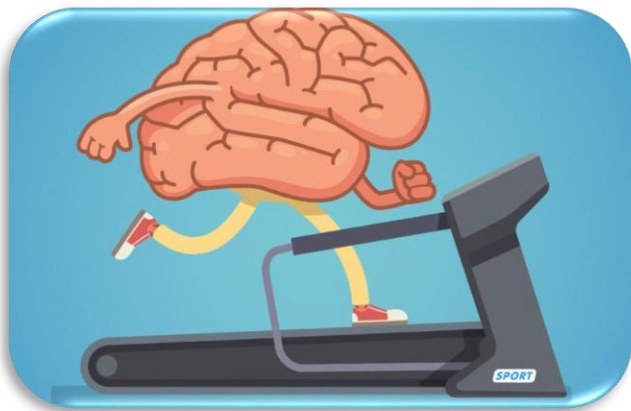
Yes, the way to a bigger brain is through exercise!

A study done at the University of British Columbia found that aerobic exercise appears to boost the size of the hippocampus responsible for memory and learning. Much of the research focusses on walking, but researchers suggest that any exercise that gets your heart pumping and breaks a sweat is likely beneficial.

Get Moving!

One hour of a brisk walk twice a week is enough to experience an improvement in memory. However, creating a healthy habit of moderate exercise between 120-150 minutes a week is more important than the type of activity you choose. Making it fun will keep you consistent!

- **Find a buddy!** A neighborhood walk a couple of times a week is not only good for your brain, but also a great social opportunity to bond with a family member or friend.
- **Set a goal** and track your progress. With a goal in place the odds are much better that you will stick to a routine.
- **Swim, run, rake the leaves, go for a bike ride.** If you're working up a sweat - **It ALL counts!**



Sources:

<https://www.sciencedirect.com/science/article/pii/S0001691814001577>

<https://news.stanford.edu/2014/04/24/walking-vs-sitting-042414/>

<https://www.inc.com/tom-popomaronis/how-exercise-makes-your-brain-bigger-better-and-stronger.html>