

THE MIND-BODY CONNECTION



How to Exercise for Your Mind and Body

Tips for Choosing the Right Physical Exercise

- ✦ In general, any exercise that is good for your heart is also good for your brain, so if it's providing benefits for your body, it will do the same for your mind.
- ✦ Aerobic exercise is a great choice. It improves brain function and also helps repair damaged brain cells.
- ✦ Exercising in the morning spikes brain activity, which prepares you for mental stresses and improves your ability to retain new information and react more effectively to complex situations.
- ✦ Include activities that incorporate coordination along with cardiovascular exercise such as dance and yoga.
- ✦ Circuit workouts are effective in quickly increasing your heart rate and also constantly redirecting your attention, which helps keep the brain stimulated.

Exercises to Improve Your Mind and Body

1

Swimming improves cardiovascular fitness without impact on your joints. Research has found that swimming can also improve your mental state and put you in a better mood.

2

Strength Training is the best way to build muscular strength and burn calories, which helps maintain your weight. Lifting weights may also help preserve brain function as you age.

3

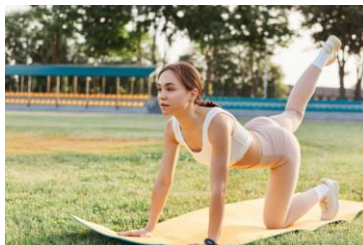
Walking can help improve cholesterol levels, strengthen bones, maintain blood pressure, lower your risk of disease, and lift your mood. Studies show that walking can also improve memory and help prevent age-related memory loss.

4

Yoga combines movement and relaxation. It focuses on stretching to improve flexibility and also helps with balance, which is an important part of fitness and something that we lose as we age. Controlled movements and breathing provide meditative qualities that help calm the mind.

5

Tennis is a fun and social activity that offers a great, whole-body workout. Chasing and smashing the ball is a good stress reliever – a great outlet for pent-up anger and frustration!



Sources www.health.harvard.edu/staying-healthy/5-of-the-best-exercises-you-can-ever-do
www.brainhq.com/brain-resources/everyday-brain-fitness/physical-exercise/ | Images from Freepik.com