

Wellness Tidbits



EXERCISE YOUR WAY TO A HEALTHIER BRAIN

Are you aware there is a link between exercise and brain functionality? A 10 year study carried out by the U.S. National Institute on Aging found that people in better shape around the age of 50 were far less likely to see decreases in brain volume later in life. Specifically, the fitter adults showed less decline in the part of the brain involved in memory, visual perception, and language. They also showed a higher chance of warding off Alzheimer's disease.

Remember these key points when exercising for a healthier brain:

- Exercising for 20 minutes facilitates information processing and memory functions.
- If it's good for your heart, it's great for your brain.
- Aerobic exercise is great for body and brain: not only does it improve brain function, but it also acts as a "first aid kit" on damaged brain cells.
- Exercising in the morning before going to work not only spikes brain activity and prepares you for mental stresses for the rest of the day, but also increases retention of new information, and produces a better reaction to complex situations.

Your brain is no different than the muscles in your body, you either use it or you lose it.



Resources:

Brain HQ | <https://www.brainhq.com/brain-resources/everyday-brain-fitness/physical-exercise>

Active Beat | <https://www.activebeat.com/health-news/exercise-can-help-keep-brain-healthy-later-in-life-study-suggests/>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

Exercising _____ minutes facilitates information processing and memory functions.

**ANSWER FITBIT®
CHALLENGE HERE!**



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