



4 REASONS WHY **EXERCISE** IS GOOD FOR YOUR BRAIN



When it comes to brain health, regular exercise is critical. Research shows that exercise reorganizes the brain so our response to stress is reduced, anxiety is less likely to interfere with normal brain function, and memory and cognition are enhanced.

Four ways that exercise can boost your brain health include:

1. Exercise has an immediate effect on your **MOOD** and **MENTAL HEALTH**. Engaging in strenuous physical activity can mimic the responses that come with anxiety and help you learn to manage these responses in other situations.
2. Exercise has a lasting effect on your long-term **MEMORY**, **FOCUS** and **ATTENTIVENESS**. Exercise programs that improve cardiorespiratory function can produce new brain cells (increasing the size of your brain) and enhance your thinking skills and memory.
3. Exercise will **PROTECT** your brain from disease and cognitive decline. The bigger and stronger your brain becomes, the longer it will take for neurodegenerative diseases such as dementia and Alzheimer's to have an effect.
4. Exercise will improve **RESILIENCE**. The opportunity to practice dealing with stress forces the body's physiological systems to communicate more effectively. The more sedentary we get, the less efficient we are in responding to stress.

Remember: The type of exercise you engage in is less important than **choosing something you enjoy** and will stick with in the long term.