



Exercise is healthy for your mind

Regular exercise offers many health benefits. You may already know it helps you stay strong and healthy, and can help you lose weight. It can also help prevent heart disease, diabetes, arthritis, and other diseases. But exercise is doing good for another vital organ in your body: your brain.

Studies are now showing that regular aerobic exercise can help your brain work better. This includes:

- Better memory
- Ability to switch tasks
- Ability to plan activities and stay organized
- Possible reduced risk of Alzheimer's disease

Although researchers don't know exactly why exercise helps the mind, there are some possibilities. It increases blood supply to the brain, and helps it form connections. These connections are responsible for forming memories and thinking about future activities. Exercise also improves an area of the brain that remembers and learns.

Source: National Institute on Aging