Your Brain on Exercise

Most people are aware of the physical benefits of exercise but did you know that your brain will work better, too?

Recent research has shown that 30 minutes of Moderate to Vigorous Exercise will:
- Cause neurons to fire more efficiently
- Get Oxygen and glucose to the brain faster
- Improve mood and elevate stress threshold
- Balance brain chemicals, hormones and system function
- Prepare the brain for Optimal Learning by
  a. heightening the ability of brain systems to function more efficiently and effectively
  b. Enhancing the ability of cells to connect (remembering better!)
  c. Spurring the development of new nerve cells
  d. Optimizing mind-set to improve alertness, attention and motivation

Not enough proof for you to be active? Then let’s talk about some brain biochemicals. There are several that are affected by exercise but one of the most important is CORTISOL.

**When Your Body Has Increased Cortisol**
- Decreases memory
- Increases fuzzy thinking
- Decreases creativity

**Exercise Decreases Cortisol!!**
- Making us less stressed, thinking better and less prone to cravings.

**Serotonin** helps us feel cooler, calmer and more upbeat, better able to regulate health behaviors

**Dopamine** makes us feel more energetic and turns on the brain for better learning

Exercise increases Serotonin and Dopamine!

Exercise can help make you physically stronger, increasing your endurance and making daily activities easier. It can help you fight disease by improving the immune systems. But it can also make you think better, be more productive, give you energy and be able to better handle stressors.

**Time to get MOVING.**

Questions? Email Betty at betty.blanton@ttu.edu