

# Regular Exercise Changes The Brain Skills and Improves the Memory.



Regular exercise changes  
the brain to improve  
memory and thinking  
skills

# Introduction

There are plenty of good reasons to be physically active. Big ones include reducing the odds of developing heart disease, stroke, and diabetes. Maybe you want to lose weight, lower your blood pressure, prevent depression, or just look better.

Here's another one, which especially applies to those of us (including me) experiencing the brain fog that comes with age: exercise changes the brain in ways that protect memory and thinking skills.

# Effects of Workout

- Impacts on body.
- Muscle toning.
- DEMENTIA.(A group of thinking and Social Symptoms that interferes with daily functioning.  
Chronic: can last for years or be lifelong.)
- Exercise and the brain.

# Types of Workouts that Stimulates the brain.

- Aerobic Exercise.
- Jogging in Fresh Surrounding.
- B.F.P(Brain Fitness Program).
- Brain HQ training.

# Tips for Choosing the Right Exercise.

- In general, anything that is good for your heart is 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 produces increases retention of new information, and better reaction to complex situations.
- When looking to change up your work out, look for an activity that incorporates coordination along with cardiovascular exercise, such as a dance class.
- If you like crunching time at the gym alone, opt for circuit work outs, which both quickly spike your heart rate, but also constantly redirect your attention.
- Hitting a wall or mentally exhausted? Try rebooting with a few jumping jacks for your brain improvement exercises.

# Effect of Sweat on the Brain as well as on Body.

## 1. Mood Boost and Mental Health

Inside your brain, there are billions of neurons that give the rest of your body orders and instructions –called neurotransmitters. These signals regulate everything from your mood and sleep, to your focus and appetite. Studies show that regular exercise increases two neurotransmitters in particular that directly affect your mood. By exercising, you increase these transmitters and strengthen your mind’s ability to respond to certain stressors. This is often referred to as “mental fitness.”

## 2. Stress Reduction

Are you constantly feeling overwhelmed? You might want to step up your exercise routine. Regular exercise can control the stress hormone referred to as cortisol. When you are stressed out, your body signals a “flight or fight” response and releases cortisol into your system. This is good in certain situations that require quick, immediate action. What you don’t want is a constant feeling of anxiety. This unwanted stress can be lessened by breaking a sweat and moving your body on a regular basis.

### **3. Improved Thinking**


When you exercise, you increase the amount of blood flow in your body. More blood means more oxygen and more energy, which makes our brains perform better.

Another reason our mental capacity improves during exercise has to do with a part of brain called the hippocampus, which is responsible for our learning ability and our memory. Research shows that this portion of the brain is highly active during physical activity. When activity in this region increases, our cognitive function improves tremendously.

Exercising not only does your body good, but also benefits your mental health as well. Now, there's yet another reason to stay physically active and keep on moving!

# How Different types of Hormones Reacts on Regular Exercise .

- ENDORPHINS.
- SEROTONIN.
- NOREPINEPHRINE.
- BDNE.
- DOPAMINE.
- ESTROGEN.
- CORSITOL.
- INSULIN.
- TESTOSTERONE.
- HGH.
- IRISIN.
- ADIPONECTIN.



The Mostly Recommended Exercise that helps the individuals to Maintain the Hormones, Sweat as well as **GABA levels**, is **YOGA**.

Meditations helps in improving the memory etc.



***Thank You***