

TO YOUR HEALTH

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EXERCISE & BRAIN HEALTH

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Not only is it good for your muscles and bones, but exercise can also keep your brain healthy, too. **Physical activity can improve your cognitive health**—helping you think, learn, problem-solve, and enjoy an emotional balance. It can improve memory and reduce anxiety or depression.

The exertion of muscle fibers connects and supports the neural cells within our brain. This allows the white matter of the brain to become more efficient. This improved efficiency helps to reduce stress hormones, which helps to reduce inflammation. One of the most significant benefits of exercise, scientists have found, is that it promotes neurogenesis, or the birth of new brain cells. This is essential to improving cognitive function. Exercise can also improve the health and function of the synapses between neurons in this region, allowing brain cells to better communicate.



In addition to exercise, try to engage in new, mentally stimulating activities that you enjoy to compliment the physical domain of fitness.

Learning new skills, reading a book or mastering a new language are some of the many examples that help to connect all components of functionality. Also, try to stay socially engaged and avoid isolation by volunteering and arrange get-togethers, as examples. Adding activities that are cognitive in nature will compliment physical activity. Imagine your brain as a muscle: the more workout you put into it, the stronger and bigger it gets.



So while exercising won't completely prevent or cure normal cognitive decline in aging, doing it consistently can help reduce or delay the onset of it. In many ways, exercise is like a supercharged 401(k) for your brain — and it's even better, because it's free.

We utilize dance choreography in our Body 'N Brain class to challenge our memory. This class is held on Thursdays at 9:30 am in the Exercise Studio.

As always,
KEEP MOVING!!



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Improve **learning** and **mental performance**.

Increase functional activity of the **temporal lobe**, which is responsible for **storing sensory memories**.

Help prevent and treat **dementia, Alzheimer's**, and **brain aging**.

Encourage the **pituitary gland** to release **endorphins**.

Reduce sensitivity to **stress, depression**, and **anxiety**.

Reduce the impairment of **brain cells** and **loss of coordination** related to **Parkinson's disease**.

Increase levels of **brain-derived neurotrophic factor (BDNF)**, which **maintains and regenerates** adult nerve cells.

NEW OFFERINGS FROM THE FITNESS DEPARTMENT:

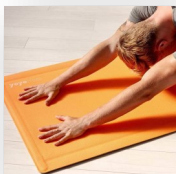
◆ **BEGINS OCT. 13**

CHAIR YOGA WITH HELEN ON THURSDAYS
2:00—3:00 PM



◆ **BEGINS OCT. 17**

MAT YOGA WITH HELEN ON MONDAYS
2:30—3:30 PM



****ALL CLASSES ARE HELD IN THE EXERCISE STUDIO IN THE VILLAGE CENTRE**

Flu Clinic for Residents in Apartments & Cluster Homes

Wednesday, October 12th
9:00 am—12:00 noon
in the Auditorium

Pharmacists from Stop & Shop will be providing high dose flu vaccines to Residents. A paper consent form was distributed to message boxes on Friday 9/30. If you did not receive one, please contact the Clinic.

Please return the completed paper consent forms to the Clinic by Friday October 7th.

⇒ Watch for the schedule in Bits & Pieces on 10/7/22

