

PHYSICAL ACTIVITY

exercise is good for your brain

Exercise plays a vital role in maintaining good health and memory. Physical exercise promotes cardiovascular health, whilst also helping control blood pressure and blood sugar levels. It is important to discover a fun way to exercise that is suitable for you – this way, being physically active becomes part of your daily routine and leads to a healthier lifestyle.

Exercise is free medicine!

- Exercise fosters new brain cell growth and improves memory. It increases blood flow and oxygen supply to the brain, which will leave you feeling mentally refreshed and able to work more efficiently.
- Physical activity reduces the risk of many illnesses such as conditions affecting memory (dementia and Alzheimer's), high blood pressure and type 2 diabetes.



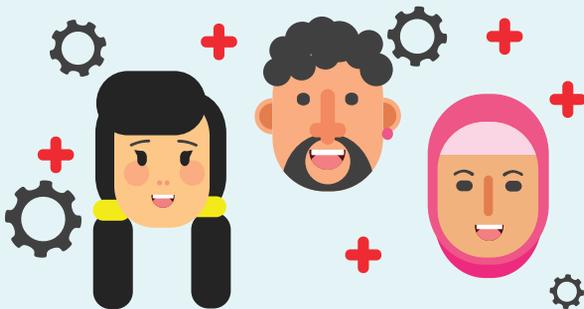
- Exercise helps with weight control. Obesity has a negative impact on health and brain function.



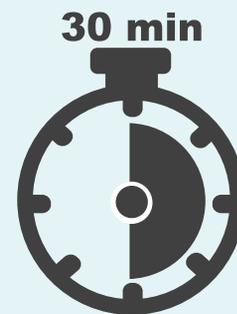
- An appropriate amount of exercise promotes better sleep. A good night's sleep is important for health and memory.



- Exercise eases depression. Depression affects memory and may lead to dementia and Alzheimer's.

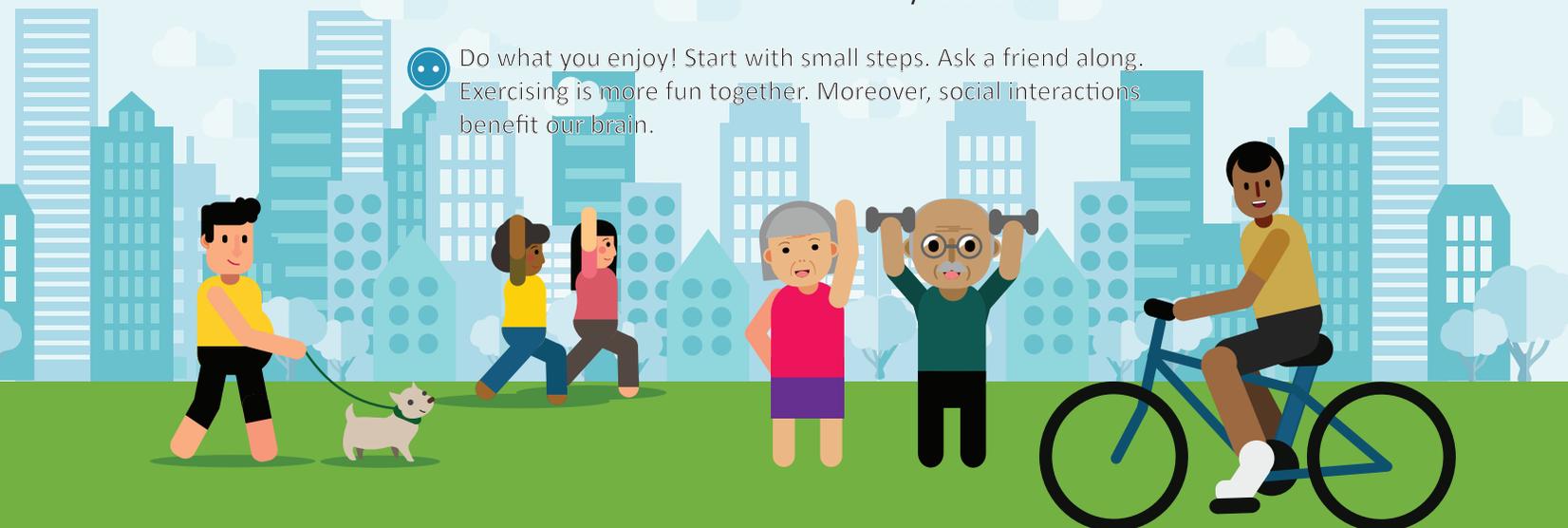


- Exercise helps to reduce worry, anxiety and stress.



- Exercise at least 30 minutes a day. Remember to do a variety of activities. Try different types of exercise. Any type of activity is beneficial to your brain.

- Do what you enjoy! Start with small steps. Ask a friend along. Exercising is more fun together. Moreover, social interactions benefit our brain.



USEFUL TYPES OF EXERCISE

WALKING

Walking is a great way to move. Walking greatly enhances blood flow to the brain and reduces the risk of dementia and Alzheimer's.

A walk in the nature is relaxing and uplifting.



SWIMMING

Swimming improves aerobic fitness and strengthens the muscles. Swimming helps to control weight – obesity is dangerous for the brain.

GYM

A gym workout increases muscle strength and density. Good muscle strength reduces the risk of dementia and Alzheimer's, helping to prevent memory loss.



DANCING

Music and dancing are good for the brain. Dancing activates different parts of the brain in various different ways. Moreover, music combined with physical activity promotes good mood.

FOOTBALL

Football is a versatile activity which improves physical fitness effectively. Football is also a social activity where you meet other people. Your brain enjoys social interactions!



Sources: Kohti parempaa aivoterveyttä-opas aivojen hyvinvointiin, Kouvolan seudun muisti ry.
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