



BrainCoach

BRAIN BITES

WITH GARY ANAKA - BRAIN COACH



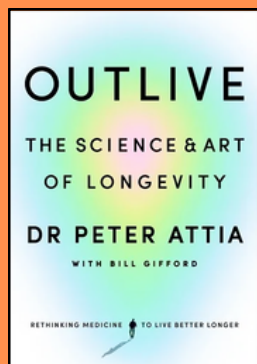
MOVEMENT

Here are some of the wonderful things that can happen when a body is in motion: heart rate increases, circulation improves, stress is relieved, feel-good endorphins are released and memory is enhanced. Plus, endless irrelevant information is blocked out more effectively making it easier to pay attention and focus. Exercise and moving literally build up brain circuits. More brain circuits means more brainpower.

**WHAT MAKES US MOVE IS
WHAT MAKES US THINK!**

**RECOMMENDED
READING:**

*OUTLIVE: THE
SCIENCE AND
ART OF
LONGEVITY*
PETER ATTIA, M.D.



**INTERESTED IN LONGEVITY?
WANT TO AVOID DEMENTIA?
MOVEMENT IS CRITICAL!**

It is an anatomical and physiological fact that our bodies are not mean to be stationary. Throughout thousands of years of evolution, humans have been engineered for movement. We are not designed to sit for long periods of time at any age.

Neuroscience is loaded with research that clearly states how absolutely necessary physical movement and aerobic exercise are for achieving optimal brain functioning and good health.

Exercise has a positive effect on all your mental functions. There is a growing body of evidence validating the following benefits. Memory is improved. The performance of the pre-frontal cortex, the executive center of your brain, also improves. Those frontal lobes are the brains vital region for helping us make decisions in every aspect of our lives. You need your mind to survive , so keep your brain alive!

One of the best brain compatible exercises is walking! We have bodies that are designed to move, so find what suits you and enjoy!

**PHYSICAL FITNESS
TOTALLY INFLUENCES
BRAIN FITNESS!**