

## HEALTH HINTS



THERE'S NO QUESTION THAT EXERCISE IS GOOD FOR YOUR BODY. BUT WHAT DOES REVING UP YOUR HEART RATE DO FOR YOUR BRAIN?

THERE'S A MASSIVE AMOUNT OF SCIENTIFIC EVIDENCE THAT INDICATES THAT ONGOING EXERCISE DIRECTLY DOES GOOD THINGS TO YOUR BRAIN. IT'S LIKE LIBERATING FERTILIZER ON YOUR LAWN. MAYO CLINIC NEUROLOGIST DOCTOR ERIC AHLKOG SAYS YOUR BRAIN SHRINKS WITH AGE. IT HAPPENS TO NEARLY EVERYONE. IF YOU'RE IN YOUR EIGHTIES, MOST PEOPLE, MAYBE NOT ALL, BUT MOST PEOPLE HAVE KIND OF A SHRUNKEN BRAIN, AND IF YOU LOOK AT UNDER THE MICROSCOPE WHAT'S GOING ON THEY'VE ALSO LOST A LOT OF BRAIN CONNECTIONS AND IT'S LESS LOSING BRAIN CELLS THAN LOSING THOSE CONNECTIONS.

SO WHAT CAN YOU DO TO MAINTAIN BRAIN INTEGRITY? WELL, IT'S EXERCISE. WHAT KIND OF EXERCISE IS GOOD FOR YOUR BRAIN? DOCTOR AHLKOG SAYS ANY EXERCISE THAT GETS YOUR HEART PUMPING AND MAKES YOU SWEATY AND TIRED WORKS. GOOD FOR THE BODY AND BRAIN.

TALK TO YOUR HEALTH CARE PROVIDER BEFORE YOU BEGIN YOUR EXERCISE PROGRAM.