



January 2009 News Flash

Exercise Helps the Brain!

Researchers have uncovered some wonderful news about exercise. Not only is it good for your circulation, strength, balance and heart, but exercise is good for your brain!

It was once believed that the human body came supplied with a finite number of brain cells and that we slowly lose them as we age. Thanks to various new studies, we now know that this is not the case. The good news is that moderate exercise stimulates the creation of new brain cells. Evidence also suggests that new pathways are developed in the brain as a result of certain types of exercises, such as those practiced on SIT AND BE FIT. For example, continually changing patterns, using a variety of movements and exercising different parts of the body, are all ways to increase connections in the brain.

We are so fortunate to live in a time when neuroscience is revealing the power of exercise in preventing cognitive decline. These discoveries empower us to take an active role in shaping how we age. Don't miss out on the golden opportunity to make exercise a part of your daily life.

And, remember, you don't have to run a marathon to see results. Gentle, easy exercise is like a "spoonful of sugar that helps the medicine go down". So, keep up the good work. Your brain, along with the rest of your body, will thank you!

Happy New Year to each and every one of you! Wishing you 12 months of health, happiness and prosperity!

Warmest regards,

Mary Ann