Move

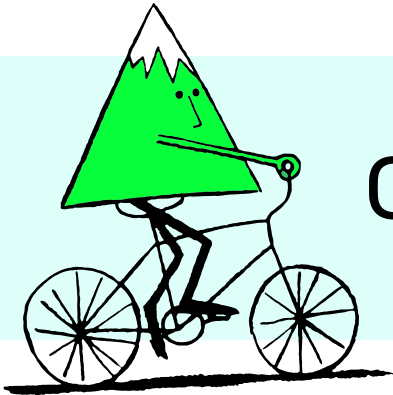## Get going

What's good for the body is good for the brain. What's good for the brain is good for the body! Here is what science tells us about the connection:

▶ Exercise stimulates blood vessels in the body and increases blood flow to the brain.

▶ It appears to slow or reverse the brain's physical decay and jumpstarts neurogenesis, the creation of new brain cells.

▶ Scientists are especially interested in the way it increases BDNF, or brain-derived neurotrophic factor. This protein is considered "fertilizer for your brain" and helps to create and maintain healthy neurons. It is believed to improve mood stability and well-being.

A 2018 cross-sectional study of 1.2 million people identified a meaningful link between movement and well-being.* Here are a few highlights from that study:

▶ People who exercised had 1.5 fewer days of poor mental health in a month than those who did not.

▶ Exercising for 45 minutes three to five times a week was found to deliver the greatest benefits.

▶ Team sports were associated with the most powerful effects.

*DON'T LIKE TO SWEAT? DON'T SWEAT IT.
"Walking just three times a week is better than not exercising at all," said researcher Adam Chekroud of Yale University.

What is your family's action plan?

Having a plan helps get things done. Finish these statements:

This week, we'll set aside the following times for movement...

_____

_____

_____

We'll try things like...

_____

_____

_____

This is important to us because...

_____

_____

_____

One simple action we will take this week is...

_____

_____

_____

DID YOU KNOW?

Studies show that physical activity delivers the following benefits to brain health: improved cognition, performance on academic achievement tests, memory, executive function and quality of life. It can reduce the risk of depression and short-term feelings of anxiety, and improve sleep.