

Exercise to Boost Brain Power

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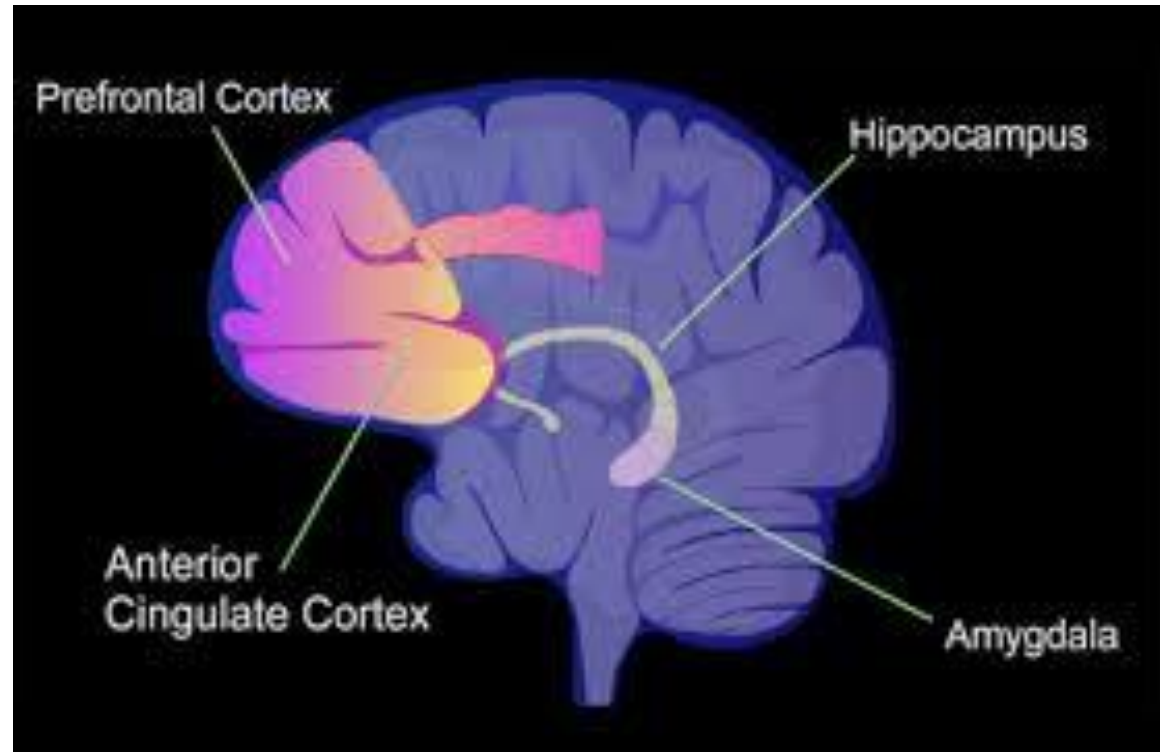
The Brain

- **Neuroplasticity**
 - Rewire injured nerves and brain
 - Tackle fear and stress
 - What is on the other side of fear?
 - Find your hidden abilities!
- **Neuroprotection**
 - Delay functional decay in neurodegenerative diseases



The Brain-Changing Effects of Exercise

- When you start moving your body, physiological changes occur
 - Prefrontal Cortex
 - Decision-making
 - Focus
 - Attention
 - Hippocampus
 - Learning
 - Memory: form and retain long term memories



Exercise is Transformative

- Exercise affects the brain and body in many ways
- Increases heart rate
- Pumps more oxygen to the brain
- Aids the release of hormones and growth factors
- Boosts memory
- Increases concentration
- Lengthens attention span
- Improves multi-tasking and planning



Exercise is Powerful



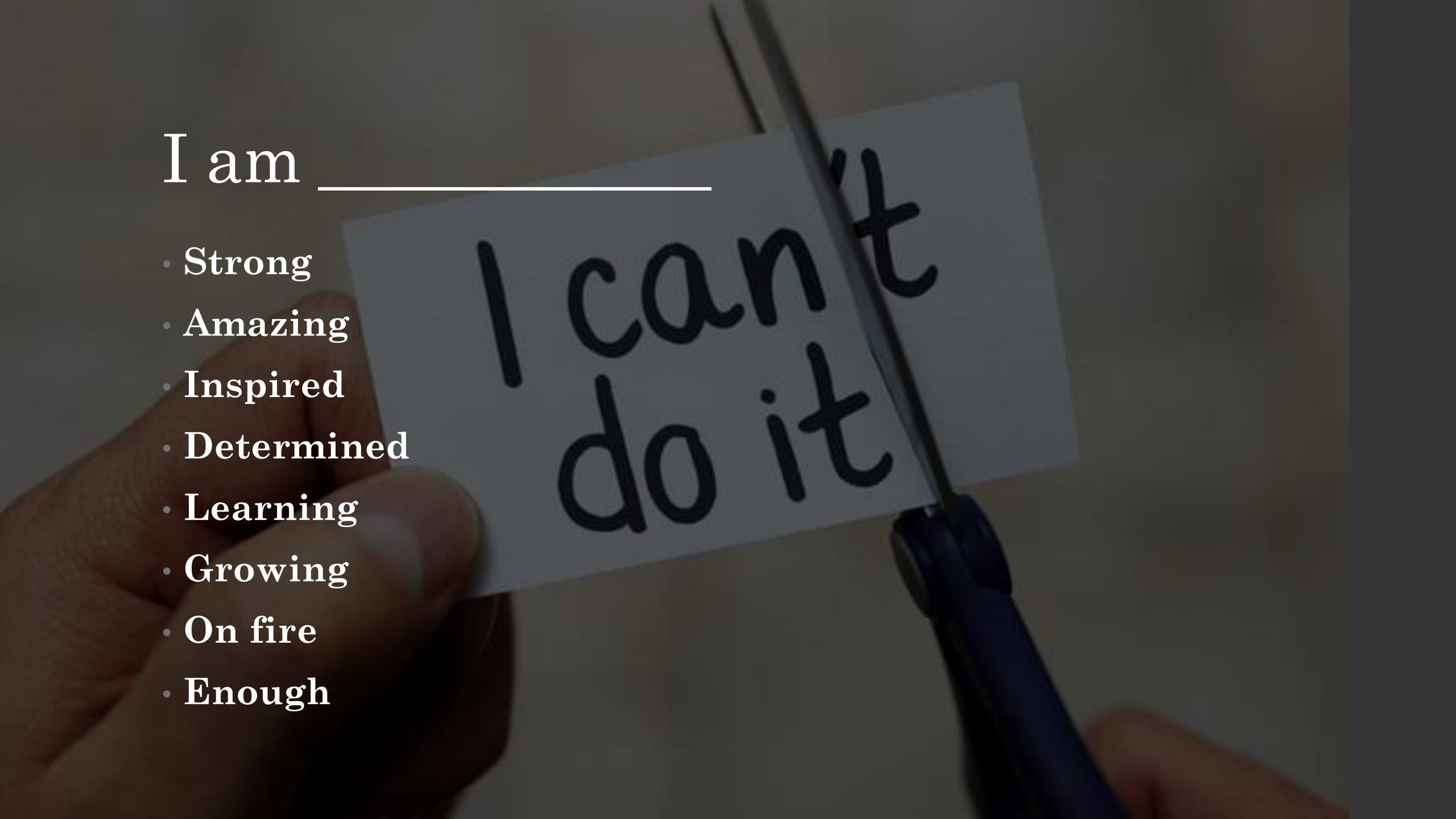
- Improved clarity
- Better mood
- Better energy
- Stress relief
- Feeling stronger
- Increased confidence

Try Everything!

- Yoga
- Strength Training
- Dance: Zumba
- Running
- Kick boxing
- Pilates
- Tai Chi

I am _____

- Strong
- Amazing
- Inspired
- Determined
- Learning
- Growing
- On fire
- Enough

A hand is holding a piece of white paper with the words "I can't do it" written in black marker. A pair of blue-handled scissors is cutting the paper diagonally from the top right towards the bottom left. The background is a dark, textured surface.

I can't
do it

Gratitude, Grit and Goals

- Gratitude practice: focus on what your body can DO
- Grit: passion and perseverance for meaningful long-term goals
- Resilience
- Reframe adversity as a good thing
- Stay focused on things you can control
- You can achieve so much

Breathe

- Mindful breath work
- Stress reduction technique
- 4 – 7 – 8 breathing
 1. Let all the air out through your mouth.
 2. Breathe in *quietly* through your nose for a count of 4.
 - Focus on a smooth even inhale.
 - Not forceful or forced
 3. Hold your breath for a count of 7.
 4. Blow air forcibly out for a count of 8.
- Repeat for 4 cycles

Conclusion

- The best exercise is the one that you will enjoy doing!
- Keep the body moving
- Be well