



## Exercise Boosts Brain Power

In John Medina's *Brain Rules* we learn that exercise is not only good for the body; it's incredibly good for the brain, too. Exercise zaps harmful stress chemicals. It boosts problem-solving, planning and attention. It cuts risk of dementia in half. As we move through this short *Brain Rules* PowerPoint, answer the questions below.

### 1. *We Moved*

How many miles did our ancestors walk each day? \_\_\_\_\_

If about 2000 steps equals a mile, how many miles do you think you walk each day? \_\_\_\_\_

### 2. *Exercise Boosts All Kinds of Brain Power*

What brain function was most dramatically affected by exercise? \_\_\_\_\_

### 3. *There's a Direct Link*

In the 12-week exercise program what happened when they stopped exercising? \_\_\_\_\_

### 4. *Aerobics vs. Strength Training*

What kind of exercise was most helpful? \_\_\_\_\_

### 5. *Not All of the Brain Benefits from Exercise*

What part/s of the brain do not significantly improve with exercise? \_\_\_\_\_

### 6. *The Benefits of Exercise Can Last a Lifetime*

Active people have \_\_\_\_\_ the risk of Alzheimer's of sedentary folks.

### 7. *It Starts with Food*

The brain needs lots of \_\_\_\_\_ and \_\_\_\_\_

### 8. *Blood Vessels are Like a Network of Roads*

Like a highway vs. a dirt road, you can get much farther, much faster the more \_\_\_\_\_ you have.

### 9. *More Glucose, More Oxygen*

As the body moves the blood flow increases and makes more \_\_\_\_\_

### 10. *Good for Brain and Body*

Name several ways exercise benefits the brain. \_\_\_\_\_

### 11. *Think About It*

Why do you want to exercise more? \_\_\_\_\_

What could you do to increase your activity level? \_\_\_\_\_