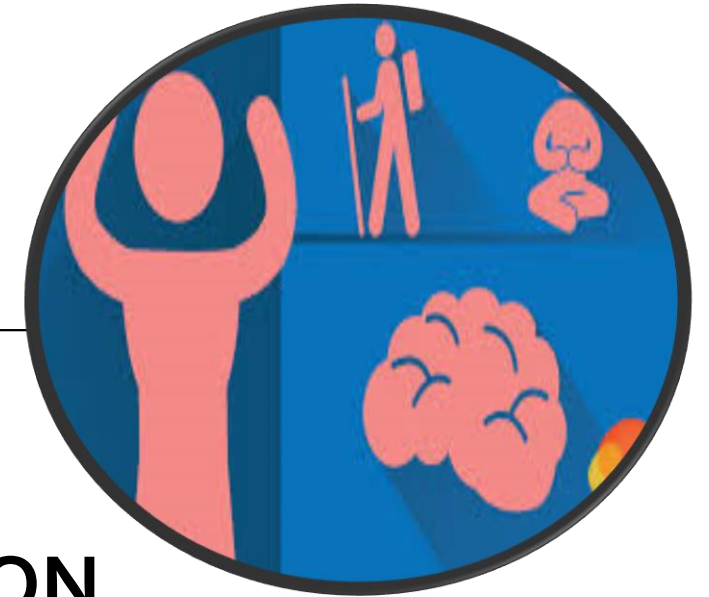


NEUROLOGICAL BENEFITS OF EXERCISE

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Introduction

- ***Industrialization brought revolutionary technological innovations like trains, cars, and airplanes, which made our lives easier.***
- ***This ingrained mindset traces back to Western traditions of athleticism.***
- ***Ancient Greece glorified the body with sporting rituals and competition, so much so that the Olympic Games, held in honor of Zeus, could take place.***

- *Before then, there was no such thing as marathons or sport-oriented societies. The "survival of the fittest" prevailed as a foundation of human evolution*
- *In other words, you were either fit or, you died. Western cultures have vacillated between extremes, to have shifted from "fitness-for-survival," to "fitness-for-entertainment" to "fitness as a privilege."*

How Does Exercise Affect the Brain?

Exercise Improves:



MENTAL HEALTH



COGNITIVE FUNCTIONING



MEMORY

and reduces:



STRESS



SOCIAL ANXIETY



DEPRESSION

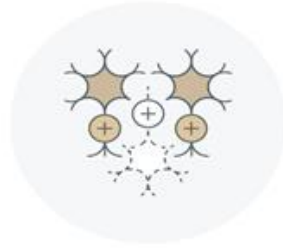
- *People exercise for different reasons, but many people stay fit to prevent serious health conditions. These conditions include heart disease, obesity, diabetes, and stroke.*
- *Other people work out primarily to lose weight. Only a few people exercise with the intent to improve their brain functioning.*
- *Exercise improves cognitive functioning, mental health, and memory; it also hinders the development of certain neurological conditions.*
- *While exercising, oxygen saturation and angiogenesis (blood vessel growth) occur in areas of the brain associated with rational thinking and as well as social, physical and intellectual performance*
- *Exercise drops stress hormones and increases the number of neurotransmitters like serotonin and norepinephrine, which are known to accelerate information processing*

Neurological Benefits of Exercise

Why Exercise Is Good For Your Brain

Moving your body can have a powerful effect on your mind.

Exercise positively influences your brain's:



NEUROGENESIS

creates new
neurons



NEUROPLASTICITY

improves how
existing neurons work



NEUROCHEMISTRY

releases neurotransmitters
that improve brain function

Neurological benefits that come from physical activity

These are:

- *Decreased stress*
- *Decreased social anxiety*
- *Improved processing of emotions*
- *Prevention of neurological conditions*
- *Euphoria (short-term)*
- *Increased energy, focus and attention*
- *Hinderance to the aging process*
- *Improved memory*
- *Improved blood circulation*
- *Decreased 'brain fog'*
- *Increases the size of your brain*



The Best Exercises to Build Brain Health?

Which Exercise Is Best?

“Not all exercises are created equal” (Gadd, 2018)

To positively impact:



CONCENTRATION

Yoga

Aerobics



**BLOOD
CIRCULATION**

Cardio
activities



MEMORY

Aerobics
Walking
Cycling



**STRESS
AND ANXIETY**

Yoga



DEPRESSION

Aerobics
Resistance
training

- ***For brain fog and concentration: Yoga and aerobic classes***
- ***For memory: aerobics, walking, and cycling***
- ***To improve blood circulation: cardio activities (walking, riding a bicycle, running, swimming, kickboxing, skipping rope and skiing)***
- ***For stress and anxiety: yoga***
- ***And for depression: aerobic and resistance training***

THANK YOU