

Brain Exercises

Exercise and Memory

- Brain: 20% of our body's blood supply
- Exercise increases blood flow to the brain (therefore oxygen too!) which could also play a role in improving memory or decreasing memory loss
- The novelty hypothesis – we tend to remember things that are new (i.e new names, new faces, new conversations, etc.)
- People who are social- brain are better overtime, and brains repair faster. Exercise can be a social activity which in turn can improve our memory!
- Study that showed exercise vs. a control group. Exercise shows that be an effective way to help individuals regain brain functioning that they have lost.

Attitude and Brain Function

In order to change our habits (for example, become more active), it is important to change the way we think. This can influence our actions to become habits long term. Is the cup half full or half empty?

If we view something with a negative perspective, we are less likely to act towards it. For example, if we do not see exercise as a positive thing, it is less likely that we will engage in physical activity

Activities we can do daily to challenge and stimulate our brain function are PACE. PACE includes for “brain gym movements”.

1. Drink Water! The brain is a chemical electrical interaction that requires water to function. We are usually 3 hours dehydrated by the time we have an actual sense or feeling that we are thirsty.
2. Rub the Brain Buttons- Under the collar bone on either side of the sternum. One hand on the naval, and the thumb & index finger on the other hand massage
3. Cross Crawl—Elbow or wrist on the opposite knee and switch.
4. Hook-ups- put the arms straight in front of you, palms out, thumbs down – cross the hands over at the wrists so palms are now touching – clasp the fingers – loop the hands through the arms and rest them on the chest – cross the ankles. Wait for approximately one minute.

