

Title:

Brain Function and Exercise

Word Count:

401

Summary:

Add better brain function to the list of benefits from exercise, according to the latest research.

Keywords:

brain function, exercise, brain power

Article Body:

Better brain function with exercise? The evidence is clear. Not only can you get long-term benefits from exercise, but it can also improve your brain function.

The thinking ability of subjects was tested in one study. After these tests, the subjects ran a series of tests to measure their decision-making speed.

Researchers found that exercising had increased the speed their decision-making. It was considered a significant finding.

Participants were between 18 and 24 years old, but researchers think the findings will hold true for older adults as well.

One study showed that just ten minutes of moderate exercise each day can improve mood and reduce stress.

Best Exercise For Brain Function?

The research has focused more on the duration of exercise more than on the specific type. Aerobic exercise is generally recommended.

Notice that ten minutes of exercise is apparently enough to have effects on the brain. Also, walking is a great way to boost brain power.

Some people find that walking is a great way to boost brain power. There are the aerobic benefits of walking, such as improved circulation.

We already knew that exercise was good for sleeping better, a healthier immune system, weight management, and overall health.

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