

Weekly Safety Tip Before-During-After a Winter Storm



Before-During-After a Winter Storm





Dave Varwig, CSP-retired for SCNWO - Safety Council of Northwest Ohio

Weekly Safety Share



Physical Health for Brain Health



WELL-BEING MOMENT

Dave Varwig for SCNWO



Physical Exercise for Brain Health



We all know exercising is good for the body. But did you know you might also get a brain boost when you don your sneakers and hit the gym? The benefits of physical exercise, especially aerobic exercise, have positive effects on brain function on multiple fronts, ranging from the molecular to behavioral level. According to a study by Department of Exercise Science at the University of Georgia:

Physical exercise is not only important for your body's health - it also helps your brain stay sharp

exercising for just 20 minutes facilitates information processing & memory functions. Exercise affects the brain on multiple fronts. It increases heart rate, which pumps more oxygen to the

brain. It also aids the bodily release of a plethora of hormones, all of which participate in aiding and providing a nourishing environment for the growth of brain cells. Exercise stimulates the brain plasticity by stimulating growth of new connections between cells in a wide array of important cortical areas of the brain.

making it easier for the brain to grow new neuronal connections. From a behavioral perspective, the same antidepressant-like effects associated with "runner's high" found in humans is associated with a drop in stress hormones.

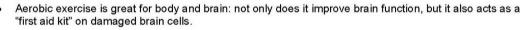
Recent research from UCLA demonstrated that exercise increased growth factors in the brain—

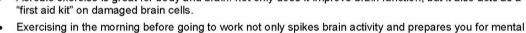
A study from Stockholm showed that the antidepressant effect of running was also associated with more cell growth in the hippocampus, an area of the brain responsible for learning and memory.

Tips for Choosing the Right Physical Exercise In general, anything that is good for your heart is great for your brain.

cardiovascular exercise, such as a dance class.







- stresses for the rest of the day, but also produces increases retention of new information, and better reaction to complex situations. When looking to change up your work out, look for an activity that incorporates coordination along with
- If you like crunching time at the gym alone, opt for circuit work outs, which both quickly spike your heart rate, but also constantly redirect your attention. Hitting a wall or mentally exhausted? Try rebooting with jumping jacks for brain improvement exercises.





brainHQ

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