



Your Brain on Exercise

Studies show that exercise has significant total body benefits.

Did you also know that those benefits extend to your brain? It's true. Consistent, heart-pumping aerobic exercise is hugely beneficial for:



MEMORY

ENHANCEMENT



BOOSTING

BLOOD FLOW



MOTOR SKILL

IMPROVEMENT



MENTAL HEALTH

PROTECTION

How much exercise do you need?

This depends on your current fitness and health indicators (so talk to your doctor first if you haven't exercised in a while), but for most people, a half-hour of heart-pumping cardiovascular exercise most days a week is a great goal to begin with.

