



The Neurological Benefits of Sports and Exercise

Exercise changes the brain for the better!
Consider this:

- Exercise improves neurological function for this with neurological disease and without.
- Exercise improves neurological function no matter a person's age.
- Individuals suffering from chronic neurological conditions such as Parkinson's Disease, demonstrate improved function with exercise.
- Psychological and psychiatric disorders like anxiety and depression are improved with exercise.
- In many cases, exercise equals or exceeds the benefits of prescription medication alone.
- Neurological health across the lifespan is optimized with committed, consistent participation in aerobic and resistance-based exercise.

