Be smart exercise your heart: exercise effects on brain and cognition by hillman....

Health & Medicine

This article explores the salubrious effects of exercise on the human mind and body. Studies have proven exercise to be an unparalleled method of preventing a number of epidemics like obesity and in helping to maintain mental stability. Not only do 74% of parents fail to participate in a healthy amount of physical exertion, the children’s failure in doing so has led to premature diseases destroying their health.

This detrimental lifestyle has led to an increase in medical expenses. And recent breakthroughs have proven that a healthy body does consist of a healthy mind, especially if it is a child undergoing exercise. This connection’s roots can be traced back to the Ancient Greeks while recent studies and surveys show that exercise and cognitive functions are indeed correlated. Studies have also shown physical activities to be efficacious in improving one’s brain power. Exercise has also been shown to prevent conditions such as Alzheimer’s disease in adults and its impacts on the brain are unequivocally propitious especially for the executive control processes. T The affects of working out are also influenced by gender, age, duration and type. Neurophysiologic studies have revealed that physical activity behavior is related to cognitive functions. And many other forms of research back up this statement. Fit individuals are generally healthier and have a longer reaction time. Aerobic activity improves learning skills and is beneficial for individuals throughout every stage of their life. It also shows molecular and cellular change for the better. Today, there are many unanswered questions related to the age and full effects of exercise on an individual’s mental health.

Resource

Hillman. H. C., Erickson. K. and Kramer. F. A.(2008). Be smart, exercise you heart: exercise effects on brain and cognition. Neuroscience, volume 9.